

Forum:[Hack Forums](#)

Thread: [Anxiety after little sugar?](#)

duck - May 7, 2019, 5:14 am

So I noticed something very strange, I was long term big coca cola consumer but not really anymore, I try to put it away.

However, now each time I drink 1 or 2 glasses of cola, I get really anxious, I feel so bad, so shit, I get weird heart rate (probably in my mind), I am alot stressed and I think about stuff or shit and just typical anxiety.

However If I drink only water, nothing happens.

I actually have this if I drink shit ton of sweets, last time I drunk redbull real quick and I had some anxiety attack but it went away after 5-20 seconds

I dont think its diabetes, no one has that in my family they also took my blood last time due to my heart, i think they would know.

Is anxiety after sugar possible??? I may stick to water only because I feel so good on it but it's just annoying.

OSRS - May 7, 2019, 5:34 am

You sound fat ;) Coca cola is shit for you ofc you feel bad drinking it. But all bodys it's not the same. My for example i was fat as fck as a kid. Now im 20+ and i have 6-pack and pretty muscular. I don't do any sports or anything i have a diet on Soda and pizza and im fit as fk. i have alot of sex that's all i do. But in the same time the suger you getting in your body is always bad in my case example i seems like i feel good but in reality in my body it's shit. I have been reading alot of your theards and you seem to overthink everyting. smoke some weed or hit LSD because i think that would do you good :)

Remember Everything is what YOU making it.-eminem

duck - May 7, 2019, 5:40 am

(May 7, 2019 05:34 AM)d3N_ Wrote: [CITE](#) You sound fat ;) Coca cola is shit for you ofc you feel bad drinking it. But all bodys it's not the same. My for example i was fat as fck as a kid. Now im 20+ and i have 6-pack and pretty muscular. I don't do any sports or anything i have a diet on Soda and pizza and im fit as fk. i have alot of sex that's all i do. But in the same time the suger you getting in your body is always bad in my case example i seems like i feel good but in reality in my body it's shit. I have been reading alot of your theards and you seem to overthink everyting. smoke some weed or hit LSD because i think that would do you good :)

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I am not fat at all, im skinny.

I am not going to smoke weed or do lsd, thanks.

Sheep - May 7, 2019, 5:47 am

I'd say it's just in your head, but I also wouldn't listen to me.

Do you consume sugar in anything other than your drinks? I drink 4-5 energy drinks a day when I'm at work, but have to make sure they have no sugar or aspartame or I crash, feel groggy, etc. (I consulted my doctor because I thought my quantity was an issue, but cutting out those two sweeteners and drinking ample amounts of water through the day as well seem to have staved off ill effects) Other than that I more so eat salty foods, rarely sugary so I'm not sure if there'd be a difference between foods vs something like cola.

duck - May 7, 2019, 6:00 am

(May 7, 2019 05:47 AM)LittleSheeps Wrote: [\[CITE\]](#) I'd say it's just in your head, but I also wouldn't listen to me.

Do you consume sugar in anything other than your drinks? I drink 4-5 energy drinks a day when I'm at work, but have to make sure they have no sugar or aspartame or I crash, feel groggy, etc. (I consulted my doctor because I thought my quantity was an issue, but cutting out those two sweeteners and drinking ample amounts of water through the day as well seem to have staved off ill effects) Other than that I more so eat salty foods, rarely sugary so I'm not sure if there'd be a difference between foods vs something like cola.yeah i know that shit, my brain's fucked up but as long as I am acknowledged about this, I am able not to let it too far and take control over it.

I drink Coca Cola mostly, that's the most, sometimes like snickers snack to much.
I also rather prefer salty foods, not so sugary but sometimes I just like to flush it with cola.

Sheep - May 7, 2019, 6:02 am

(May 7, 2019 06:00 AM)duck Wrote: [\[CITE\]](#) yeah i know that shit, my brain's fucked up but as long as I am acknowledged about this, I am able not to let it too far and take control over it.

I drink Coca Cola mostly, that's the most, sometimes like snickers snack to much.
I also rather prefer salty foods, not so sugary but sometimes I just like to flush it with cola.
Honestly I'd try consulting a doctor, but I guess that's the obvious alternative here.

My only guess is it's like drinking alcohol. You dont do it much so you have a low threshold for that sugar to hit you, and you get a bit of a sugar high, which can affect everyone differently.

Psychedelic. - May 7, 2019, 6:24 am

Talk to a doctor maybe. Someone here said that you should smoke weed or do lsd. Please do not, that will not help with anxiety at all.

Wolf - May 7, 2019, 6:28 am

I heard so many shit about sugars in general, I'm glad I avoid them as much as possible. Stick with water, milk and if you want something sweet, eat fruits or make a juice out of them. :) You'll feel so much better.

Sigma - May 7, 2019, 6:39 am

You also might be having a slight allergic reaction to something in the cola.

RUS7Y - May 8, 2019, 6:59 am

Just completely avoid. Sugar is anyway not good for your mental & physical health. In fact, it's the worst. There's a trillion dollar industry behind it.

Bacardi Cola Lime - May 8, 2019, 8:07 am

I've cut sugar from my diet as much as I could. No soda for me, to the point I don't even like soda anymore and no sugar in my coffee. Cutting sugar from coffee made me realize the change. You're just addicted to it when you consume it in great amounts. Whenever I have a drink with sugar on it, I

feel like it's way too sweet and I don't enjoy it.

Cyam - May 8, 2019, 2:20 pm

This has happened to me with caffeine. After drinking my 5th coffee in a day I had a panic attack which was horrible. My arms were sweating and I just couldn't make it better. From that day I avoid drinking more than 4 cups of coffee per day to prevent it from happening again.

What you're experiencing is physical and most likely related to your conscience. Your heart rate naturally goes up from consuming sugar so your brain is automatically connecting that something unnatural and anxiety is result of that. Hopefully this makes sense to you.

Just my thoughts, I might be wrong.

Bossk - May 13, 2019, 10:54 am

Hurts to read shit like this. I used to be sort of the same way, wouldn't put a fucking cheese doodle in my mouth fearing that it would make me fat, but I luckily realized how fucked up it is to care that much. Do you know if you have any sort of body dysmorphia?

Zher0 - May 13, 2019, 3:26 pm

Speak to a doctor and get a blood test done, more than likely a glucose issue.

marmotte178 - May 15, 2019, 7:31 am

Yes glucose levels and spikes are heavily linked to anxiety and panic attacks. Try to switch to a low carb diet.

Jester Race - May 28, 2019, 3:08 pm

(May 7, 2019 05:34 AM)OSRS Wrote: [\[CITE\]](#) You sound fat ;) Coca cola is shit for you ofc you feel bad drinking it. But all bodys it's not the same. My for example i was fat as fck as a kid. Now im 20+ and i have 6-pack and pretty muscular. I don't do any sports or anything i have a diet on Soda and pizza and im fit as fk. i have alot of sex that's all i do. But in the same time the suger you getting in your body is always bad in my case example i seems like i feel good but in reality in my body it's shit. I have been reading alot of your theards and you seem to overthink everyting. smoke some weed or hit LSD because i think that would do you good :)

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What the actual fuck did i read