

Hidden Hyperventilation

When hyperventilation becomes chronic, people frequently have a wide range of symptoms. This condition is referred to by doctors as the 'fat folder' syndrome, because the patient has so many symptoms they are repeatedly sent for medical tests.

Smooth muscles wrapped around blood vessels spasm, keeping blood pressure high and reducing blood flow to the brain and other body parts.

Your brain becomes over-reactive. Anxiety, depression, poor concentration and nervousness are common

Your increased breathing pattern is habitual often with a chronically blocked nose and dry mouth. Mucus production increases.

You frequently feel weak and tired

Smooth muscles wrapped around airways can spasm, making breathing difficult

You can experience stomach bloating, constipation, belching, diarrhea, flatulence and irritable bowel syndrome

Your heart rate may become fast, erratic or pounding, causing worry about health and life expectancy

Your skin is pallid and you can experience frequent sweating, a feeling of clamminess and hot, sweaty palms. Excessive moisture loss can cause dry or itchy skin

You can experience chest pain, not related to your heart

Your lactic acid production increases. Your muscles stay tense, tired and sore with possible twitching and spasm

Your increased blood clotting ability may lead to blood clots and in extreme cases stroke

Less oxygen is released by your red blood cells to your tissues

Your decreased immune response may result in increased illness or infection

Numbness, tingling and coldness is often felt in your extremities.

