

## What else can mimic anxiety symptoms?

- Too much caffeine (tea and coffee)
- Side effects of some anti-depressants
- Some weight loss tablets
- Overactive thyroid (Excessive thyroxin causing faster metabolism)
- Abuse of drugs (prescribed or otherwise)
- Palpitations
- Lupus
- Ménière's disease
- Hypoglycemia
- Prolapsed Mitral valve (in the heart)
- Low blood sugar

It's always a good idea to have your doctor eliminate other possible causes of your symptoms so that you're sure that something more serious isn't involved.

[Go to Health Hypnosis for more information.](#)

Have a look here for more excellent information about [anxiety symptoms](#).

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