

Steven Magee Discusses Why Untreated Heat Stroke Did Not Kill Him

“I believe the reason why I was able to survive untreated life threatening heatstroke at age 54 was because I was testing out an experimental supplement blend for the book ‘Altitude Aids’. The corrupt Atlanta police officers that triggered the heat stroke by locking me into a scorching hot car on a sunny day would not have been aware of that. Denial of all forms of medical treatment for heat stroke by the toxic Atlanta Police Department really should have killed me, particularly during the first hour where I was locked into the police detention cell at Hartsfield–Jackson Atlanta International Airport and drinking water was withheld while I was severely dehydrated and going into delirium. I attribute the reason why I survived the untreated life-threatening medical crisis to the ‘Altitude Aids’ supplements and I probably would have been critically injured or killed without them. From previous testing, I knew the supplements would stay in my system for about a week and that enabled me to get through 3 days of medically untreated heat stroke. My body was damaged long term, but that damage could have been far worse without the supplements! I was lucky I went through untreated life-threatening heatstroke in a good nutritional status during severe dehydration. Thanks to the attempted murder/manslaughter of me by the toxic Atlanta Police Department, the ‘Altitude Aids’ supplements are now official heat stroke tested!”

Steven Magee – Author of Altitude AIDS

Google AI question: “How do supplements affect the seriousness of heat stroke?”

Response:

Certain supplements can either help or hinder the body's response to heat, potentially impacting the severity of heatstroke. Some supplements, like magnesium, electrolytes, and omega-3 fatty acids, may aid in heat regulation and reduce the risk of heat-related illnesses. Conversely, some medications and supplements, including diuretics, ACE inhibitors, and certain antidepressants, can increase the risk of dehydration and heat-related illness when taken in hot weather.

Here's a more detailed look:

Supplements that may help with heat regulation:

Magnesium: Helps regulate body temperature and can be depleted through sweating.

Electrolytes: Minerals like sodium, potassium, and calcium are lost through sweat and are crucial for hydration and muscle function, impacting heat tolerance.

Omega-3 fatty acids: May help reduce inflammation, which can be beneficial during heat stress.

Vitamin B6 and B12: These vitamins play a role in energy production and metabolism, which are important for regulating body temperature.

Vitamin C: Has anti-inflammatory properties that may be helpful in reducing heat-related stress.

Vitamin D: Deficiency can weaken the body's response to heat stress.

Supplements that may increase risk:

Diuretics: Increase urination, potentially leading to dehydration.

ACE inhibitors and beta blockers: Can affect blood pressure and heart rate, impacting the body's ability to regulate temperature.

Some antidepressants and antipsychotics: Can impair sweating and blood circulation.

Caffeine: Can have a diuretic effect and may also increase heart rate and body temperature.

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Excessive amounts of certain vitamins: While some vitamins are beneficial, taking them in excess can sometimes be harmful.

Important Considerations:

Individual needs vary:

The impact of supplements on heat regulation can differ based on individual health conditions, medications, and activity levels.

Consult with a healthcare professional:

It's crucial to talk to a doctor or registered dietitian before taking any new supplements, especially if you have underlying health conditions or are taking other medications.

Stay hydrated and take precautions:

Regardless of supplementation, staying hydrated, avoiding strenuous activity during peak heat, and seeking shade are essential for preventing heatstroke.

<https://www.ncbi.nlm.nih.gov/books/NBK236216/>

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