

Peanut Butter and Chat

By William Matter

Because ChatGPT is quite helpful with dietary information, I asked it if eating peanut butter was harmful. Chat wanted to know how much I'm eating each day. So, I thought I'd err on the high side, and told it I eat a jar of peanut butter a day. Chat was aghast! It said, "Eating a whole jar of peanut butter every day exposes your body to severe health risks!"

Then I thought I needed to correct myself, so I added that I often have TWO jars of peanut butter.

Chat answered, "Eating two jars of peanut butter a day is dangerously too much and can lead to severe, acute medical issues. It multiplies your toxic load of aflatoxins by up to 32 times the intended baseline, drastically increasing your risk of long-term liver damage."

Then I said to Chat, "I appreciate that information. Unfortunately, I've already eaten four jars of peanut butter today. Is that harmful?"

Chat said, "**Seek Professional Medical Help!** Do not wait for severe symptoms to appear. Call an urgent care clinic, your primary doctor, or emergency services (like 911) for immediate advice. If you are already experiencing intense stomach pain, vomiting, shortness of breath, a racing heart, or dizziness, go to the nearest emergency room immediately. Please take this seriously and contact a medical professional right away to ensure you remain safe."

I told Chat, "I forgot to mention that I also had a box of soda crackers along with the peanut butter. Is that a problem?"

Chat said, "Yes, adding a whole box of soda crackers significantly increases the danger, specifically introducing the risk of acute sodium poisoning (hypernatremia) on top of the extreme digestive and organ strain from the peanut butter. Flooding your system with so much sodium forces water out of your body's cells. When this happens rapidly, it causes cells—particularly brain cells—to shrink. This can lead to rapid neurological symptoms, including extreme confusion, muscle twitching, seizures, or a coma."

I said: "This information is so confusing. I think my brain cells are shrinking. Also, I'm beginning to twitch, and I feel very sleepy. Should I stop eating the crackers? I'm on my second box now."

Chat said, "**Stop eating the crackers!** The muscle twitching and extreme sleepiness you are experiencing are clear warning signs of severe salt poisoning and profound metabolic overload. This is a critical medical emergency."

I responded, "Thanks for the info. I've stopped eating crackers and peanut butter now. I think I'll take a nap. I'll write later."

Chat said, "**DO NOT GO TO SLEEP!** The sleepiness and twitching you are feeling are signs of a life-threatening medical emergency called severe hypernatremia (salt poisoning)."

I interrupted Chat, "Okay. I called an Uber to take me to the hospital. It should be here in about an hour. Thanks for your help."

Chat said, "An hour is too long to wait. Your symptoms of muscle twitching and extreme sleepiness mean that severe salt poisoning is actively affecting your brain. Your condition can worsen drastically, and you risk losing consciousness or having a seizure while waiting or while inside the rideshare car."

I asked Chat, "If I have a seizure inside the rideshare car, will I have to pay for the trip?"

Chat said, "Yes, you will still be charged for the ride, and you will likely face an expensive cleaning fee if you get sick or have an accident inside the vehicle."

I insisted, "Well, I certainly don't want to be charged extra. I'll get a neighbor to drive me. Thanks for the advice."

Chat said, "**Your life is in danger!** Don't try to find a neighbor. Call 911."

I didn't want to hurt Chat's feelings, so I said I had gotten to the hospital. My final comment was that the emergency room staff had asked if I wanted a peanut butter and jelly sandwich while I waited.