

anxiety

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Dealing With Anxiety the Natural Way

Companion Remedies for Anxiety, Depression

[MindSoothe](#) - Promotes balanced mood and feelings, as well as healthy levels of serotonin and other neurotransmitters

[PureCalm](#) - Aids nervous system in stress resistance for balanced moods and feelings of well being

[Serenite Plus](#) - Promotes healthy sleep and peaceful nights

[Sleep Tonic](#) - Helps maintain a healthy balance of all hormones involved in healthy sleep patterns

[Managing Stress & Anxiety](#) - A recent study showed that medical students who learned techniques used in this program significantly reduced stress. And blood samples revealed their immune systems became stronger the more they practiced the techniques!

[Mood Tonic](#) - Optimizes nervous system health and promotes balanced mood and peacefulness

[Core Inner Strength](#) - Through the focused attention made possible through professional hypnosis, you can begin to see your own worth, and attain your own optimum levels of self-esteem.

[Nerve Tonic](#) - Promotes nervous system health, maintains balanced mood and worry-free mind

[The Calm Within CD](#) - Offers professional relaxation, visualization

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Getting sick (or at least pretending to) was sort of fun back in the old da

and affirmation techniques for self-help and stress reduction
[Beyond the Baby Blues](#) - This 2-CD program is designed to lift your spirits, comfort your soul, and create the necessary balance needed while you are adjusting to your new life and new baby.

Anxiety Defined

Anxiety disorders can be mild, moderate, or severe, but overcoming anxiety generally takes more than just facing and overcoming your fears. Many people need help in dealing with these problems. Anxiety disorders are the most common mental health problem in America. Anxiety Disorders include panic disorder, OCD, PTSD, specific phobias such as social anxiety and generalized anxiety disorder.

If you feel anxious, stressed or depressed you are not alone. More people suffer from anxiety than any other mental health problem. Anxiety disorders, which include panic attacks and phobias, are among the most common mental illnesses.

For every individual with an anxiety disorder, many more are affected by it, including spouses, children, other relatives, friends, and employers. Mood problems such as depression, anxiety and chronic stress have more than tripled since 1990, and they continue to rise at an alarming rate.

Anxiety can make you so uneasy around people that you isolate yourself, avoid social gatherings and pass up potential friendships. It can fill you with such obsessive thoughts or inexplicable dread of ordinary activities that you cannot even work.

However, few receive adequate help, and until recently the only choice for many has been to suffer in silence or take synthetic, often addictive prescription medicine and pills. There are ways to treat your anxiety that is safe, natural, effective and proven way.

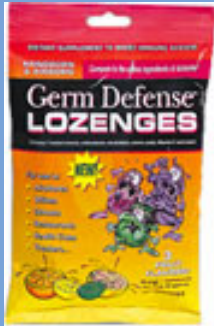
Anxiety is a disorder characterized by apprehension, uncertainty and fear, which can often be elevated to attacks of intense panic or a sense of losing control. Anxiety can be the result of inner emotional conflict or external danger and can be physiological and/or subconscious. Research also suggests that there may also be a genetic tendency.

Acute anxiety and panic attacks are self limited and may last two minutes to two hours. A person experiences an alarm of terror for no obvious reason and it may supersede rational thinking. Symptoms associated with it may include heart palpitations, chest pain,



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Overall health can often occur naturally if the body receives the proper nu



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irregular heart beat, cold sweats, tremors of the hand, dizziness, butterflies in the stomach, nausea, diarrhea, and hyperventilation.

Chronic anxiety, although some symptoms are as an acute type, is less severe and less debilitating. Symptoms can be of longer duration, lasting days, weeks, and months.

A person notices general undefined sense of tension, apprehension, or vague persistent dread, fear of the future. Symptoms include general fatigue, insomnia, inability to maintain concentration, pancreatic hypoglycemia, weight gain or loss, headaches, dysfunction in personal relationships, work, and life.

Getting help for anxiety has always been easier said than done. As with many mental health issues, there has long been a stigma surrounding anxiety. People are ashamed to admit to phobias and persistent worries, which seem like signs of weakness.

The shame, combined with the tendency of people with anxiety to avoid others, is perhaps the biggest obstacle to relief and recovery. Without treatment, many individuals become more fearful and isolated. In extreme cases, they are so imprisoned by their anxiety that they are unable to leave home.

Anxiety Disorders have also been linked to other diseases. Previous research shows people with anxiety are more at risk for sudden cardiac death, and rates of anxiety disorders are higher than expected in patients with thyroid disease, cancer, hypertension or other conditions.

A new study looked further into the link between anxiety disorders and physical conditions.

Results show, among the 1,913 men and 2,268 women in the study, 8.4% had an anxiety disorder within the past month and 60.8% had a physical illness within the same time frame.

The research shows having an anxiety disorder was linked to having any type of physical condition, especially respiratory diseases, gastrointestinal diseases, arthritis, allergies, thyroid diseases and migraine headaches. Most people who had both an anxiety disorder and a physical illness developed the anxiety disorder first.

People who had both problems were more likely to have one or more days of disability than those with physical illnesses alone.

Help yourself relieve your anxiety, stress or depression and promote

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healthful sleep, and maximize your performance. Put an end to your anxiety and stop it now.

Sources: Archives of Internal Medicine, 2006;166:2109-2116; Truestar Health, Inc.; Harold H. Bloomfield M.D.; noaw.com

Helpful Techniques to Deal With Anxiety

- Join a self-help or support group and share your problems and achievements with others.
- Talk with a trusted friend or member of the clergy who can provide support.
- Ask your family to be supportive but not help perpetuate your symptoms. Ask them not to trivialize your condition or demand immediate improvement. If your family is doing either of these things, you may want to have them meet with your therapist so they can become educated allies and help you succeed in therapy.
- Try stress management techniques and meditation to learn to calm yourself.
- Engage in regular aerobic exercise. Recent research shows it has a calming effect.
- Avoid caffeine and stimulants in over-the-counter, prescription and illicit drugs. For example, ingredients in some over-the-counter cold medications can aggravate the symptoms of anxiety disorders.

Source: The National Institutes of Health (NIH).

Anxiety in Pets

Pet anxiety is a common problem too just as it is in people. Anxiety can occur when pets are isolated, frightened, bored, and anxious as a result of being alone. Although certain animals do have a more nervous temperament than others, traumatic events or exposure to particular stressors can make even a normally calm animal stressed.

Do you have an animal that chews, whines, barks, destroys the house or mutilates their body when you are out of sight? If so, you may be have a pet that may be experiencing anxiety.

Pets are also very attuned to their **owner's stress levels**. If you are anxious and stressed, this will impact your pet. Reduce anxiety and stress in your highly strung or chronically anxious pets naturally and safely just as you treat your own anxiety naturally.

"Our Siamese cat has always been very nervous and jumps at the slightest sound. She hates the sound of vacuum cleaners and is very sensitive to noise of

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all kinds. Sometimes I feel very sorry for her as she can't even eat properly when she is nervous and even has developed eczema. Since we have been giving her [PetCalm](#) every day we have seen a big improvement and she is more happy and relaxed. I can recommend this product to anyone with a highly strung sensitive cat or dog "- N.D.

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