

Five Strategies for Reducing Anxiety

Natural remedies can be very effective in reducing anxiety and actually helping a person heal from anxiety disorders. Here are five strategies to employ to help reduce your anxiety.

Strategy #1: Reduce Stress Hormones with Adaptogenic Herbs

As we discussed on page one, anxiety is part of the normal reaction we have to difficult or challenging circumstances. It is a reaction of the nerves and glands that primes the body for action. When one is suffering from anxiety-related disorders, the chemical messengers (hormones, neurotransmitters and prostaglandins) involved in this process are chronically out of balance.

Fortunately, there is a class of herbal remedies that have been shown to help balance and modulate these messenger chemicals. These remedies are called adaptagens, and are of major benefit to anyone suffering from anxiety or any other stress-related health problem.

Adaptagens reduce the output of stress-related hormones from the pituitary and adrenal glands. They reduce both fatigue and insomnia, while improving memory and cognitive function. Many adaptagens enhance immunity, reduce cholesterol and high blood pressure and balance blood sugar. So, adaptagens not only relieve anxiety, they reduce the health problems associated with it.

There are many adaptagenic herbs and formulas, so your only challenge may be in deciding which one is the best for you. Here are some of your choices.

The first herb identified as being adaptagenic was **Eleuthero root**, a relative of ginseng. Eleuthero is a good choice for people with moderate stress levels. It is great for day-to-day anxiety associated with stress at work, school or home. It reduces feelings of stress and improves both physical and mental performance.

For the person with a "high strung" nervous disposition that tends to run around in frantic "busy-ness" (like a chicken with their head cut off), **Nutri-Calm** may be a good choice. Nutri-Calm contains C and B-complex vitamins that feed the nervous system. It also contains nervine and adaptagenic herbs. It won't cause drowsiness, but will help a person go about their business in a more calm, deliberate manner.

Nutri-Calm can also be helpful for overcoming addictions to alcohol, tobacco and drugs. For the sugar and caffeine addict, Nutri-Calm along with some **licorice root** will reduce cravings, balance blood sugar and calm the nerves.

For more severe anxiety, an herbal formula is probably needed. For anxiety that causes pain in the chest, heart palpitations, insomnia, mental confusion, emotional sensitivity and feelings of being overwhelmed, **Nervous Fatigue Formula** is a good choice. It improves sleep while reducing feelings of fatigue.

People suffering from post-traumatic stress disorder or other long-term anxiety disorders often have exhausted adrenal glands. **Adrenal Support** is a good choice for these people. It contains an adrenal glandular and other nutrients to rebuild exhausted

adrenal glands. Another supplement that can be helpful for exhausted adrenals is **pantothenic acid** or vitamin B-5. If you suffer from chronic abdominal distress, cramps, fatigue and insomnia, Adrenal Support with some extra pantothenic acid may be helpful.



Strategy #2: Make Time for Rest and Relaxation

Since anxiety is created by the release of stress-related hormones and neurotransmitters, it is obvious that reducing stress is important to reducing anxiety. But stress is a part of life, so we all have to deal with it everyday. In fact, trying to avoid stress is downright stressful!

The truth is, one doesn't have to try to avoid stress to reduce the effects of stress in one's life. It turns out that a pleasurable

Relieving Panic Attacks

A panic attack is an acute form of anxiety that causes rapid, shallow breathing, paralyzing fear and can even cause a person to experience tetany, where the muscles cramp so strongly that movement is impaired. These acute attacks of anxiety can be relieved naturally using a three-step process. Each step is helpful by itself, but when all three are combined the effect is powerful and rapid.

1. Breathe Slowly and Deeply

When someone is having a panic attack, have them concentrate on their breathing. Coach them to take slower, deeper breaths and to exhale more completely. It helps if the person experiencing the panic attack starts counting the time of their inhalation and exhalation and seeks to lengthen it. Breathe in—one, two, three, four... Breathe out—one, two, three, four. This immediately starts reducing the anxiety.

2. Take Distress Remedy

Take a dropperful of **Distress Remedy** under the tongue. Distress remedy helps reduce emotional shock and trauma and should be in everyone's first aid kit. (See sidebar on next page.)

3. Take Antispasmodic Herbs

Administer a full dropper (about 30 drops) of any antispasmodic herb every 2-3 minutes, until the person experiencing the attack starts to relax. **Lobelia** is a good choice, because it slows breathing and calms the heart rate. It also relaxes muscle cramps and spasms. If lobelia is not available, **kava kava** or skullcap will also work. If liquids are not available, empty the powder from the capsules directly onto the tongue and follow it with a drink of water.