



- ☒ **Panic Attacks?**
- ☒ **Fears and Phobias?**
- ☒ **Obsessive-Compulsive?**
- ☒ **Post-Traumatic Stress?**
- ☒ **Generalized Anxiety?**

If you, or someone you love, suffers from these (or other) anxiety-related disorders—

Discover 5 natural strategies for reducing anxiety inside...

mind alert and focused. If you have a tendency towards menstrual cramps, intestinal cramps or muscle cramps in general, then try **Cramp Relief**. *(Don't be confused by the pink bottle, the formula works just as well for guys as it does for women!)*

Strategy #5: Calm the Mind and Nerves

Most of us have a constant flow of verbal “monkey chatter” going on in our minds. In some people, these thoughts can become so obsessive that they lead to constant states of worry, fear, anxiety and obsession. Learning to calm the mind through prayer and meditation can be very helpful. In many cases, counseling may be needed to help a person learn to “step back” from these negative thoughts and replace them with more positive ones.

One way of calming the mind is to center one's attention more on directly experiencing the world around us. While breathing

slowly and deeply, look around you and notice colors, sounds, textures and smells. Touch things and feel their texture. Coming to your “senses” in this manner counteracts the effects of stress and reduces anxiety. And guess what? It doesn't cost anything!

Herbal formulas can help with this process. If anxiety is associated with depression, fatigue and “sagging” energy or mood, the Chinese formula **Mood Elevator** can be helpful. Where there is pain and inflammation in the body, coupled with muscle tension and anxiety, **Nerve Eight** can be helpful. **Stress-J** is a great formula for just helping one to feel more relaxed and calm in general.

If you suffer from anxiety-related disorders, you will probably need help in selecting the best supplements for your unique needs. Talk to the person who gave you this newsletter. They'll be happy to assist you with additional information and suggestions.