

Alleviating Anxiety

Q: I suffer from anxiety and panic attacks. Is there anything I can do naturally to help my condition?

A: If you suffer from anxiety and panic attacks, it is important to know that you are not alone. Nearly one quarter of all adults in North America will suffer from this condition sometime throughout their lives. What's surprising is that many of these people do not seek treatment and suffer alone. There is help for those who want natural effective treatments for anxiety. Anxiety disorders usually develop as a result of long term stress. Our bodies become burnt out and "nervous energy" can take over. Anxiety is your body's way of telling you to slow down and pay attention to what it needs.

The goal of treatment is to build up your body and promote a calm and steady mood. Removing foods that can aggravate anxiety and replacing the diet with foods that promote a calming effect as well as eating appropriate foods at designated times of the day can really benefit people who suffer from anxiety. For instance, did you know that Low Blood Sugar (hypoglycemia) has the same symptoms as a panic attack? Eating small regular meals and high protein snacks can help stabilize your blood sugar and your mood. Of course, there are also supplements that can be beneficial, particularly a good quality B vitamin and high doses of calcium and magnesium. Acupuncture, homeopathy, and Bach flower remedies can be very helpful for many patients. I also provide patients with new coping strategies to deal with stress and anxiety. Sometimes small changes can have a huge impact on your health and personal wellness. Stop your suffering! Come in and find a natural solution to your anxiety issues.