

# Anxiety and Stress

## E l i m i n a t i o n



A Special Report by Stephen Pierce

### **The Anxiety and Stress Elimination Report**

#### **Introduction**

#### **Are You A Prisoner to Your Anxiety?**

Stress, anxiety and panic can be an occasional aspect of normal life. Stress in particular is something that most everyone deals with from time to time. Stress can in fact be good for you in small amounts. And there are different types of stress, some easier to manage than others.

Anxiety is a whole different emotion. Like stress, there is a physical response, however, anxiety relates directly to fear. In fact, anxiety is defined as, “A state of uneasiness and apprehension about future uncertainties.”

Anxiety can take control of your life. One worry can snowball into constant worries about everything in your life. You can feel anxiety about:

- Relationships
- Money
- Your Job
- Family Members
- Parenting
- Pets
- Your future
- School/Education
- Performance

And chronic anxiety can turn into or be part of what’s called an anxiety disorder. Anxiety disorders include conditions like PTSD, Post Traumatic Stress Disorder, and OCD, Obsessive Compulsive Disorder. However, they can also include Generalized Anxiety Disorder, which means you’re fearful of everyday situations. Social Anxiety Disorder is also common. That’s when someone is fearful of social situations. They worry they’re going to be laughed at, judged or they’re going to embarrass themselves.

If you’re anxiety builds to the point where it’s controlling your life, it’s time to take action to get your life back. If you have changed your habits or lifestyle to lessen your anxiety, it’s time to get your life back. If you’ve turned to drugs or alcohol to reduce your anxiety, it’s time to get your life back.

## **Anxiety and Stress Elimination**

This report is designed to help you break free from anxiety – to help you stop being a prisoner to your own fearful thoughts. Over the next 20 or so pages we'll discuss:

1. Health Issues Caused by Anxiety and Panic Attacks
2. Common Causes of Anxiety
3. Herbal Treatments & Anxiety Remedies
4. Hands on Treatments for Anxiety
5. Habits You Can Adopt to Reduce or Eliminate Anxiety

This report is an overview of anxiety related conditions and natural treatments. If you suffer from an anxiety disorder or believe you might suffer from an anxiety disorder, it's important to see your doctor.

Once diagnosed properly, your physician will refer you to a behavior therapist or psychotherapist who can help you learn to manage stress and anxiety. Depending on your diagnosed condition, and there are five main categories of anxiety disorders, you may also be prescribed medication.

Medication isn't a long term solution in most cases and instead treats the symptoms until therapy can help you turn things around. Medications for anxiety disorders come with a number of side effects and risk of addiction. They're not a cure.

However, if you have mild anxiety or are already under the care of a physician and would like to speed up your progress, natural anxiety treatments may be exactly what you're looking for. This report is for you!

If you are under the care of a physician and/or therapist for your anxiety, check with your doctor before beginning any new program. It is particularly important if you try any herbs or supplements to treat anxiety naturally because they may interfere with medications you're already on.

Okay, now that we have a basic understanding about what this report covers and who it is designed to help, let's get started!



### Chapter One

#### Health Issues Caused by Anxiety and Panic Attacks

Before we jump into the health problems caused by anxiety it's important to make a few distinctions.

#### Stress

Chronic stress can cause anxiety. It can worsen the symptoms of someone who suffers from an anxiety disorder and it can cause more frequent panic and/or anxiety attacks. However, you can absolutely experience stress without experiencing an anxiety or panic attack. And you can live a very stressful life and not have an anxiety disorder. There are health problems directly caused by chronic stress, which we'll discuss in this chapter.

#### Anxiety

You can experience anxiety without having an anxiety disorder. Chronic anxiety can cause a number of health related issues. Chronic anxiety can cause or lead to an anxiety disorder and chronic anxiety can lead to panic and/or anxiety attacks.

#### Panic

Panic in and of itself is a normal body reaction to extreme stress. If a giant dog is chasing you down the street growling and barking, your body is going to have a panic reaction. You may be able to run faster, make faster decisions and react quickly. Panic can save your life.

However, chronic feelings of panic when there is no real reason to experience it can cause health related problems. If you experience feelings of panic without a reason to, then you probably have an anxiety disorder called Panic Disorder. It simply means that for one reason or another your body is having an inappropriate panic reaction. It's treatable.

If chronic stress, anxiety or panic attacks are left untreated you can and will likely experience a number of health related issues. Not to mention your quality of life is going to deteriorate. This chapter takes a look specifically at the health problems associated with Stress, Anxiety and Panic attacks.

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### **Health Problems Related to Stress**

There is no way to live a life without stress. Family alone can cause stress. Couple that with your job, financial responsibilities and relationship expectations and well, you have stress. However, to a very large degree, you have the ability to control how you react to stress.

When you're stuck in traffic, for example, and are late to an appointment you can feel quite a bit of stress right? One reaction to this stress might be to worry about what people are going to think about you if you're late. You might also get angry and irritated with the other drivers around you.

You might feel hostile, out of control and anxious about being late.

You might also choose to relax. To feel gratitude for your safety. You may choose to call the person you have an appointment with just to let them know you're stuck in traffic. You may choose to spend the time sitting in traffic listening to your favorite music, catching up with a friend on the telephone or listening to an audio book.

Two different emotional reactions lead to two different physical reactions.

The person who reacts negatively to the stress can put their body under tremendous pressure. They may increase their heart rate. Increase tension in their body and experience a tension headache. The feelings of anxiety and stress can degrade their organs and the systems in their body. This of course doesn't happen in just one stress event but over time if the reaction remains consistent.

However, the person with the positive reaction to a stressful event experiences none of the physical problems. Their heart rate doesn't increase. In fact, when they feel gratitude they may actually be taking measures to improve their health.

Negative reactions to stress aside, too much stress may lead to:

- Insomnia
- Depression
- Diabetes
- Digestive disorders
- Headaches
- Hair loss
- Heart disease
- Hyperthyroidism
- Obesity & weight gain
- Weakened immune system
- Anxiety disorder
- Sexual dysfunction
- Tooth and gum disease
- Ulcers
- Cancer
- Migraines
- Muscle and joint pains
- Moodiness

Chronic stress is a slow killer.

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And as we mentioned at the beginning of this chapter, chronic stress can lead to chronic anxiety and an anxiety disorder.

### **Health Problems Related to Anxiety & Panic**

Anxiety is fear based. Instead of feeling pressure to be somewhere, to accomplish something or to meet a deadline which are stressful but not necessarily fear based, anxiety is literally the fear of the future. And fear is a powerful emotion. It can limit your life, heck it can control your life.

You've probably experienced debilitating fear at some point in your life. Maybe you tried sky diving and getting out of the airplane just wasn't going to happen. Maybe you wanted to apply for a job or ask a guy/girl out but were too afraid. You let fear make a decision for you. Now imagine that fear happens to you all the time. Imagine you live your life based in fear of what might happen. That's what people with anxiety disorders feel like. It amplifies the health problems cause by anxiety because it is chronic – it never goes away.

Anxiety causes:

- Insomnia
- Chronic illnesses and a weakened immune system
- A burden on your heart and circulation resulting in lasting damage and potential heart disease
- Back problems
- High blood pressure
- Muscle tension
- Headaches
- Poor eating habits
- Depression

As you begin to experience more and more anxiety, if you let it take over your life, you may develop an anxiety disorder. Which of course can then cause more health problems. Panic attacks are heightened emotional and physical responses. They may or may not be triggered by a specific event, sensation or memory and can occur seemingly out of the blue. The health problems from panic attacks are the same as chronic anxiety or anxiety attacks.

### **Substance Abuse**

One thing we've yet to mention, and it's important to call out, is the incidence of substance abuse amongst people who deal with chronic stress or anxiety. They often turn to alcohol or drugs to cope. Unfortunately, beyond the health problems specifically related to substance abuse, drugs and alcohol can also worsen the stress and anxiety a person experiences. Drugs and alcohol can even make you more susceptible to panic attacks.



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### **Chapter Two**

#### **What Causes Anxiety?**

It's important to know several key things before we dive into the causes of anxiety. The first is that if you suffer from an anxiety disorder, anxiety attacks or even panic attacks it is completely normal. Anxiety disorders are not made up things. They don't exist in someone's imagination. They are real health conditions with diagnosis and treatment protocols.

The second thing that is very important to know is that the cause for anxiety or an anxiety disorder differs by individual. Additionally, anxiety, anxiety disorders and panic disorders are rarely caused by just one thing.

Scientists and the medical community have theories or ideas on what causes anxiety to be heightened in specific individuals. They have made connections to what causes anxiety disorders, however, as of yet there is no sound evidence to say any one thing causes anxiety or anxiety disorders.

That being said, let's explore some common theories behind the reason more than 4 million Americans suffer from anxiety disorders.

#### **#1 Heredity/Genetics**

First off, let's be clear. You cannot inherit a panic or anxiety disorder. If Grandma B had Agoraphobia or General Anxiety Disorder, you are not destined to get it too.

However, what you may inherit from Grandma B is the predisposition to develop chronic anxiety or an anxiety disorder. You can inherit genetic markers that make you more susceptible to developing it.

However, the science is still missing that connects specific genetic markers to any particular anxiety disorder. This is simply a theory. We tend to believe we're destined to follow in the footsteps of our ancestors, however, as far as anxiety and panic disorders go, that's far from the case.

#### **#2 Brain Chemistry**

Now this is fascinating stuff. It seems our brain chemistry is quite complicated. Could have guessed that, right? In addition to our brain chemistry being partially genetic or at least influenced by our genetics, it's also influenced by:

- Nutrition
- Exercise

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- Mindset or mental/emotional attitude

Remember in our earlier example about someone being stressed because they're stuck in traffic and late to an appointment? Well each reaction creates a different experience in the brain. When you're stressed, stress hormones are released. When you're calm and relaxed, feel good hormones are released – endorphins.

Each mindset or emotional attitude had an effect on your brain chemistry.

Additionally, what you eat has an effect on your brain chemistry. Think about what happens when you drink alcohol. It has a pretty evident effect on your brain, right? The same with caffeine. Drink a whole pot of coffee and your thoughts are coming at you at a hundred miles an hour.

You alter your brain chemistry. And these are two very obvious examples. When you eat sugar or fatty foods and your brain chemistry is also affected. Eat veggies and lean protein, the same thing. Each decision you make affects your body as a whole.

It affects your hormones, your metabolism, and your stress response the list could go on and on. And because each of our body's systems are so intricately linked to one another, it can be a powerful effect.

It's one of the reasons the medical community as a whole strongly encourages exercise and moving your body. Exercise releases those feel good hormones right into your blood stream. The result? Instant happy face. Calm, relaxed and capable of managing anything life throws at you.

### **#3 Health & Nutrition Problem**

We just spent some time talking about brain chemistry and we discussed the link between nutrition and brain chemistry. Did you know that certain health problems can cause chronic anxiety and anxiety disorders?

And it's not just emotional either – because it makes sense you might feel anxious if you're sick. However, health problems can physically cause anxiety disorders. Some common health problems that can cause anxiety disorders include:

- Mitral valve prolapse – when the valve between your heart's left atrium and the left ventricle doesn't close properly.
- Mineral deficiencies like zinc or magnesium
- Hyperthyroidism – Over production of thyroid hormone.
- Hypoglycemia – low blood sugar
- Stimulants like caffeine
- Medication withdrawal
- And even some medications and/or herbs

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### **#4 Serious Stress**

We've already mentioned that chronic stress can lead to anxiety. If you're going through a major life change like a:

- Move
- Divorce
- Marriage
- New baby
- New Job
- Death in the family
- Illness in the family

You can experience tremendous stress. And life changes aren't the kind of stress you can get away from typically. This kind of stress can lead to anxiety, which can in turn manifest into a full blown anxiety disorder.

### **#5 Bad Habits**

There are many bad habits that can develop that can contribute to increased anxiety. Not getting enough sleep is one simple habit that's easy to reverse. Your body needs sleep. Without it you're unable to manage stress.

Not taking good care of yourself. Everybody needs a few things. It needs nutrition, it needs sleep, it needs exercise, as humans we need touch and love, and we need time to relax. If we don't take good care of ourselves, then our bodies aren't equipped to manage all of the stress we can experience. It can put us into stress overload. Chronic anxiety ensues and the result can be an anxiety disorder.

Additionally, mindset can be a bad habit. If you have the habit of looking at life negatively then it's easy to imagine the worst. Fortunately, turning these types of habits around doesn't have to be a major event. A few small changes to your lifestyle and a desire to modify your habits is all it takes.

Any single cause or a few causes combined can result in an anxiety disorder. They're extremely common. It's actually estimated that more than 10% of the population suffers from anxiety disorders. Many people live their life undiagnosed. However, treatment is available. You don't have to live a life full of stress, anxiety, and panic attacks.

Let's move onto the first treatment chapter in this report – Natural, Hands On Treatments for Anxiety.

### Chapter Three



#### Natural Hands On Treatments For Anxiety

Hands on treatments are literally treatments that require hands to be on your body. They work to reduce or alleviate anxiety for a number of reasons.

One reason hands on treatments work is because the simple act of touch. Our skin and our bodies are designed to respond to touch. In fact, positive feel good hormones are released when we're touched. Don't believe it? Go hug someone. It's also one of the reasons people with depression are often advised to get a pet.

Because the simple act of touching a dog or cat, of being touched by them, can release positive hormones.

The second reason touch therapies work depends largely on the therapy itself. For example, there is a touch therapy called reflexology which is a bit like acupuncture for the feet. Touch certain areas of the foot and you release toxins, ease headaches and clear your sinuses.

We're going to look at two hands on therapies here – therapies that are generally accepted practices. They include:

1. Massage
2. Acupuncture

#### Massage For Anxiety Relief

Massage has long been used to reduce stress. It is also incredibly effective to treat anxiety and depression. When you receive a massage your body releases those feel good hormones we've mentioned before. Specifically, it releases or increases release of:

- Dopamine
- Serotonin
- Endorphins

And massage reduces the stress hormones:

- Cortisol
- Adrenaline.

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- Noradrenaline
- ACTH Adrenocorticotrophic hormone

And massage works to improve your body's systems. When your system are improved and optimized, you're better able to manage stress and anxiety. Think about it, you're lying on a table and someone is working out all of the tension from your body. You're so primed to manage any stressful situation once the stress has been worked out of your body. So what systems does massage improve? Massage can improve your:

- Immune system
- Metabolism/Blood sugar
- Circulatory

A study conducted by the Touch Research Institute at the University of Miami School of Medicine found massage demonstrated a significant reduction in anxiety and depression in people who received massages. Subjects had lower levels of cortisol, a stress hormone, in their saliva. They also found that overall mood improved and people who received massage slept better.

This studies results have been confirmed by other studies which have also found that people who suffer from chronic anxiety or anxiety disorders were able to reduce their anxiety and in many cases reduce their need for anti-anxiety medication.

### **What Type Of Massage Works Best?**

There are many different types of massage. Some have very specific purposes while others may simply fit different personalities. It's also important to know that you don't have to see a professional to receive a massage.

Yes, professionals are trained in how to release stress hormones and tension from your body, however, any massage may be better than no massage. You can massage your feet, or have someone you love help you out. You can also purchase a massager or give yourself a quick head, neck and shoulder massage.

### **Swedish Massage**

This may be the most common type of massage because it's designed to help you relax. It may also be the best massage for people suffering from anxiety and looking to relieve stress. It's noted by gentle long strokes followed by kneading your muscles and tissues along with circular movements to release tension.

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Deep-tissue massage, Sports Massage and Trigger Point Massage are all generally used for muscle damage, circulation improvement and injuries. They're not likely to be the type of massage you experience if you're seeking relief from stress and anxiety.

There are many spas and salons that offer massage as do many physical therapists. If you're on a budget, consider visiting a massage school. They generally offer significantly discounted massages so their students can practice. Of course, if it isn't a relaxing experience you may prefer to spend a little bit more money. Some companies have opened up around the country that offer massage memberships. For a monthly fee you receive one free massage each month and discounted massages if you choose to have more than one a month.

## **Acupuncture For Anxiety Relief**

Acupuncture is a traditional Chinese treatment. It uses needles inserted in specific points of the body. Traditional Chinese medicine believes that the insertion of these needles helps correct imbalances in the body.

There have been many studies on acupuncture's ability to relieve stress and chronic anxiety. Two recent studies are of interest. One study in particular studied people who suffered from PTSD, Post Traumatic Stress Disorder. This is an anxiety disorder caused by a traumatic event. Panic attacks can be triggered by memories, sensations, or events linked to the initial trauma.

## **How Does Acupuncture Work?**

Chinese medicine considers the body a complete system. When it's out of balance problems arise. When it's operating optimally everything is in balance. You may be familiar with Ying and Yang or Chi. These are both concepts of balance and energy flow. They also believe your body is comprised of organ systems and the five elements which include fire, earth, water, wood, and metal.

According to acupuncturists, most anxiety and anxiety related conditions are due to imbalances of the heart and kidney. The heart is considered a yang energy organ. The kidney is a water energy organ. The kidney balances the heart. When one is out of balance, it affects the other and anxiety can be the result.

## **Your First Appointment**

At your first appointment you'll likely be required to provide a complete medical history. Your acupuncturist will also ask about any emotional symptoms you're having in addition to your physical ones. They'll also conduct a thorough examination, specifically looking at your energy points and assessing your behavior, complaints, and concerns.

It's common to worry about needles. Many people want to know if it hurts. By and large most people say it is relatively painless. However, you may experience some discomfort depending on the are being treated and how deep the acupuncturist has to go.

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After your first appointment, your practitioner will tell you what to expect as far as side effects and relief. And it's important to know that most acupuncture therapy is conducted over a series of visits. It's also often recommended to make lifestyle changes and you may be prescribed a few herbs and herbal remedies.

Both massage and acupuncture can play a role in easing your stress and anxiety and helping people with anxiety disorders live a fully functioning life. However, we've just touched the tip of the iceberg when it comes to natural remedies and treatments for anxiety. Next we'll take a look at herbal remedies for anxiety which includes herb to consume but also aromatherapy.

### **Chapter Four**

#### **Herbal Remedies, Nutrients and Supplements for Anxiety**

Herbs have been used for centuries to treat everything from ulcers to heart attacks. And yes, there are some very effective herbal remedies for anxiety too.

Before we dive into herbal remedies, aromatherapy and other natural options it's important to address the potential risks of herbs and herbal remedies.

Always talk to your doctor if you're considering an herbal remedy. This is particularly important if you are taking any medications for anxiety or medications in general. Some herbs can cause negative interactions. Others can reduce or eliminate the effectiveness of drugs you are taking.

Additionally, herbs can have side effects just like medications. That being said, herbs are generally much safer than prescription medications. Still, it's important to be extra safe when you're dealing with your physical and emotional health. Always check with your doctor before taking herbs. Be aware of possible drug interactions and side effects.

Okay, now let's take a look at some of those herbs that ease anxiety, stress and panic attacks!

#### **GABA**

GABA, gamma-aminobutyric acid, is an amino acid that is found in your central nervous system. See, we're back to brain chemistry again. Many people who suffer chronic anxiety have low levels of GABA. The good news is that GABA can be found in a number of foods including:

- Almonds
- Bananas
- Beef Liver
- Broccoli
- Brown Rice
- Halibut
- Lentils
- Oats
- Oranges
- Rice bran
- Spinach
- Walnuts
- Whole grains

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Eating foods rich in GABA can help reduce anxiety and create a sense of calm and well being.

### **Vitamin B**

Visit any vitamin aisle at your local super market and you'll see rows of vitamin B and various combinations of B. This is because vitamin B is known to help your body manage and reduce stress. When you purchase a vitamin B stress complex you're often getting a number of B vitamins all rolled into one. You're getting:

- Thiamin
- Riboflavin
- Niacin
- Vitamin B-6
- Folic Acid
- Vitamin B-12
- Biotin
- Pantothenic Acid
- And Sometimes Vitamin C

### **Ginseng**

Do you consume energy drinks? Take a look at the label and you'll probably see Ginseng. That's because Ginseng is supposed to help induce relaxation, reduce stress and help maintain balanced emotions. You can drink Ginseng tea or take a capsule. Steer clear of the energy drinks because they contain caffeine which can worsen anxiety symptoms.

### **Valerian**

Valerian, often used as a natural sleep aid, is also used as an effective anti-anxiety medication. It's most often consumed in capsule form.

### **Passionflower**

According to several studies passionflower was as effective as some of the benzodiazepines in relieving anxiety. Benzodiazepines are commonly prescribed to patients suffering from an anxiety disorder. Again, this is commonly consumed in capsule form.

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### **Kava**

Kava is often mentioned as an anxiety reduction herb however, at this point it's recommended to steer clear of Kava because it can cause serious liver damage.

### **St John's Wort**

St. John's Wort is often used to treat depression and mild cases of anxiety. It can be taken as a capsule or in tea form.

### **Chamomile**

Chamomile has long been prescribed to help ease stress and anxiety and is often consumed before a person goes to bed.

### **Essential Oils to Ease Anxiety**

In addition to herbs and vitamins to ease anxiety, you can also use essential oils to induce a state of relaxation. If you're experiencing chronic anxiety, you can take essential oils with you. You can place them on pressure points like the insides of your wrists. You can create a room spray or you can simply pull out your oils and inhale when you feel the need to relax.

Common Essential Oils for Anxiety & Stress Relief Include:

- Marjoram
- Neroli (orange blossom)
- Bergamot
- Sandalwood
- Geranium
- Cedarwood
- Chamomile
- Cinnamon
- Comfrey
- Frankincense
- Geranium
- Hyssop
- Lavender
- Marjoram
- Patchouli
- Peppermint
- Rose
- Sage
- Sandalwood
- Ylang Ylang

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You can create your own combination of oils into a personal relaxation recipe. You can also choose to enjoy a single oil or you can start with one of the following recipes:

### **Relaxation Recipe #1**

Combine equal parts of:

- Marjoram
- Neroli (orange blossom)
- Bergamot

Place in a small clean bottle and cap tightly.

### **Relaxation Recipe #2**

- Lavender - 3 parts
- Bergamot - 2 parts
- Sandalwood -1 part

Place in a small clean bottle and cap tightly.

### **Relaxation Recipe #3**

Combine:

- 2 drops geranium
- 2 drops lavender
- 2 drops sandalwood

Place in a small clean bottle and cap tightly OR add to bath salts for a relaxing bath at the end of a stressful day:

Essential oils can be an important, and fun, part of your every day routine. You can add them to your bath at the end of the day and/or use a diffuser to surround yourself with relaxing scents or create an air freshener to spritz when you need something soothing.

Herbs, essential oils, and vitamins all play a role in your body's ability to manage and reduce stress. The great thing about natural remedies is you can pick and choose what fits your

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personality, needs, and budget. And unlike medications you're generally not at risk for serious health complications, addiction or unwanted side effects.

We've explored a variety of natural remedies for anxiety up to this point. In the next section we're going to explore habits to generally ease stress, avoid anxiety and to live a happier, healthier life. These habits cover a broad range from mindset to exercise and everything in between.

### **Chapter Five**

#### **Habits You Can Embrace to Live Free From Anxiety**

There are a number of things you can do every day to prevent anxiety, better manage anxiety and to stop anxiety attacks and panic attacks in their tracks. To make this final chapter more useful we've divided it into three primary sections. They include:

1. Lifestyle
2. Relaxation Techniques
3. In the Moment

Let's begin with #1 – Lifestyle

#### **Lifestyle Habits to Free You From Anxiety**

##### **#1 Meditation**

Meditation is one of the most effective means for relaxing your mind and your body. It's been proven to lengthen life and to increase quality of life. The simple process of clearing all thoughts from your mind, of quieting your mind, can have dramatic and lifelong benefits.

Many people have some misconceptions about meditation. Simply sitting quietly and clearing your mind of all thoughts for five to ten minutes is a great way to start. You don't have to sit for hours, chant or be physically uncomfortable. Simply focusing on your breathing for a few minutes is enough.

You can also walk and mediate, listen to soothing music, or follow a guided imagery or meditation session. You can actually find a number of meditation lessons for your iPod or in YouTube. They're free and effective.

##### **#2 Diet and Nutrition Changes**

This habit actually incorporates several lifestyle changes. We'll list them for ease. They include:

- Reducing sugary foods from your diet
- Eliminating or reducing caffeine

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- Eating the RDA of fruits and veggies
- Take a multi-vitamin
- Eliminate or reduce alcohol
- Eliminate nicotine if you smoke or chew tobacco

### **#3 Exercise**

Like nutrition and diet, exercise also plays a vital role in your body's ability to manage stress and to avoid anxiety and anxiety attacks. There are a few general rules of thumb, however, for the most part, you should do what makes you feel good.

To be blunt, your body was designed to move. Generally, that means walking, however, if you prefer to dance, stretch, box, run, swim, bicycle, do yoga or any other exercise you enjoy then by all means go for it.

And think about your exercise personality too. If you're a social person and like to exercise with others then consider joining a club, a sport, a class or simply gathering a group of friends together to work out.

If you're a person who likes to work out alone then maybe jogging, swimming or some other individual sport is best for you.

What is a fact is that when you move your body you release hormones and activate systems that keep you both physically and mentally/emotionally healthy.

Movement helps not only alleviate stress and anxiety, it helps your body manage it better.

Now here are those rules we talked about a few sentences ago:

Take 10,000 steps a day (The equivalent of 5 miles)

And/Or

Exercise for 30 minutes a day.

Yoga, stretching and Thai Chi can all be calming, whole body exercises that leave you feeling tremendously focused and relaxed at the same time.

### **#4 Sunshine**

It may sound strange but 20-30 minutes of sunlight each day can do a lot to help improve your overall mindset. This is because the sun helps your body produce vitamin D. Vitamin D helps your body manage stress and it helps you regulate your moods and emotional well being.

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The medical community agrees that most people are drastically low on vitamin D. If you cannot get out into the sun each day for 20-30 minutes, take a vitamin D supplement or a multi vitamin with a day's supply of vitamin D.

### **#5 Stress Management & Prevention**

It all boils down to taking great care of yourself. You of course can accomplish this in a number of easy. Here are a few easy suggestions you can add to your daily routine to make it, less routine and more enjoyable.

- Treat yourself well and take several breaks a day to relax and step away from stress
- Do something you love to do each and every day
- Laugh. It's been proven that laughter release stress and lowers stress hormones.

### **Relaxation Techniques to Free You From Anxiety**

Relaxation techniques are things you can do every day to help stay stress and anxiety free. They can become part of your routine or you can use them only when you feel particularly stressed or anxious or if you feel an anxiety attack coming on.

Many of these are much like meditation and in fact meditation is a relaxation technique however, meditation is recommended as a daily lifestyle habit and not something you use when you need it. Meditate a few times and you'll quickly see why – the benefits are present almost right away.

#### **#1 Visualization**

Much like meditation, when you practice visualization you will want to find somewhere quiet to sit. The goal is to visualize a peaceful location. For example, you might imagine yourself at the edge of a quiet pond. A small waterfall trickles over the rocks and colorful birds chirp happily in the thick trees overhead.

#### **#2 Full Body Tension Release**

This is a common method of complete mind and body relaxation. Find someplace comfortable and quiet to lie on your back – your bed at the end of the day is a great place to practice this method.

Beginning with your toes, feel them relax completely. Feel them ease into the soft surface beneath you. Move up to your heels, ankles, calves, knees, thighs, buttocks and work your way up through each muscle group until your entire body is completely relaxed.

#### **#3 Focus On Your Breathing**

You've probably heard people give the advice to take three deep breaths or to count to ten when you're angry. This is the same type of thing only you don't have to wait until you're angry. If

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you feel pressure, anxiety, or stress you can take a few seconds to a few minutes to focus on your breathing.

This helps you move your attention from what's upsetting you. It turns your attention inward, and helps you find calm.

### **In The Moment – What To Do As Anxiety is Building**

Okay, so anxiety is building. You're feeling a full blown release coming. Maybe you're on the verge of an anxiety attack or a panic attack – what do you do?

Here are some options:

#### **#1 What Are You Afraid Of? What's Stressing You? What's the Worst That Could Happen?**

When you're ready to explode the most common reaction is to let the emotions overwhelm and to react to them. Unfortunately, reacting to stress and anxiety often just makes the symptoms worse.

Instead, turn your thoughts inward and regain control over the pending situation. Ask yourself why it's happening. Often the simple question forces you to be realistic instead of letting your imagination continue to run away.

While you may not find an answer, and in fact there may not be one to find, the process of asking the question and turning your focus inward toward reality and what you can control, may stop or reduce the attack.

#### **#2 Grab a Glass of Water.**

This is a quick way to distract yourself from diving headlong into a panic attack. The process of getting the water and the breathing pattern when you drink the glass will help you relax. Additionally, sometimes it's easier to have a panic attack if you're dehydrated.

#### **#3 What Are You Grateful For?**

Gratitude has the effect of instantly changing your attitude. It changes the glass from half empty to half full in one quick thought. And the truly great thing about this tactic? There is always something to be grateful for. If nothing else, you're alive and you're breathing and that's something to be grateful for.

Gratitude is a powerful emotion. When you're feeling stressed or anxious – take a few seconds to list five or more things you're grateful for. You'll begin to turn to gratitude often and that's a great way to live.

## Anxiety and Stress Elimination

### Conclusion

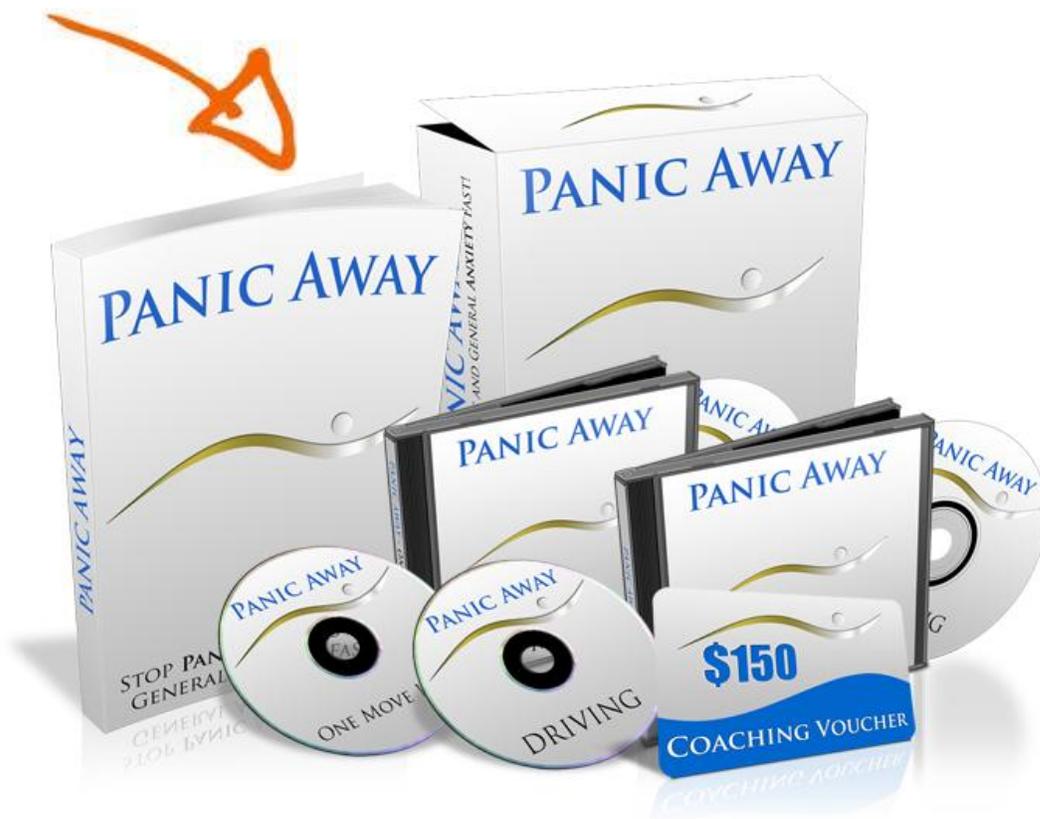
Anxiety, stress and occasionally panic are to be expected. They're part of an active life. However, when anxiety, stress and panic become the normal experience for you, when they become chronic then it's time to take a step back and assess the situation.

It may be that you need to see a doctor. You may have developed an anxiety or panic disorder. You may also experience health problems related to stress and anxiety that need to be evaluated by a physician.

Treatment generally includes therapy and/or behavior modifications. It may also include medications. Whether you decide to take prescription medications for your anxiety or you choose to forego them, there are natural treatments that can help you manage, reduce and even eliminate stress and anxiety from your everyday life.

Freeing yourself from the prison of anxiety means a longer life. It also means a happier and healthier life.

**HIGHLY RECOMMENDED TO ELIMINATE ANXIETY AND STRESS!**



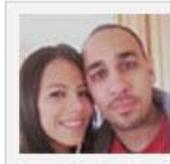
## Anxiety and Stress Elimination

### Here is a small example of the success stories from "Panic Away"



"I cannot believe what an impact your program has made on my life." [click here](#)

Play Audio 



"It's real good I found your web site. Everbody has noticed the change in me and I am no longer scared to have a panic attack." [click here](#)

Play Audio 



"Over the last 5 years I've begun to have increasingly severe anxiety that I am going to faint." [click here](#)

Play Audio 



"I no longer fear traveling for holidays" [click here](#)

Play Audio 



"Funny, you know, all the "medical professionals" that I been to over the years, alternate and mainstream, not one of them suggested your approach to the problem yet it is so simple!" [click here](#)

[click here](#)



"At the age of 62 I am starting a life I dreamed of living for over 50 years." [click here](#)

Play Audio 



"My name is Rev. Kohler. I just wanted everyone to know that this course Panic Away is phenomenal." [click here](#)

Play Audio 



"My worst panic attacks were happening in the car." [click here](#)

[click here](#)

Play Audio 



"When I started reading I felt this feeling of relief physically wash over me." [click here](#)

[click here](#)

To See More Testimonials, Click Below



## End Anxious Thoughts In 4 Easy Steps

After having visited my site I can almost imagine what your repetitive anxious thought might be.

Maybe it's a fear of:

- -a panic attack
- -never being free of general anxiety
- -a bodily sensation that worries you
- -a fear of losing control to anxiety

Whatever your particular fear is, I want to share some tips and techniques with you over the coming days that will not only help you end these fears but also reduce your general anxiety level dramatically.

After many years of coaching people to be anxiety free, I have noticed that those who experience panic attacks or general anxiety almost always deal with the frequent occurrence of anxious thoughts.

Anxiety has a sneaky way of seeding doubt regardless of whether the fear is rational or irrational.

## **Anxiety and Stress Elimination**

So what can be done for people who suffer from repetitive anxious thoughts?

To begin, let's look at how an anxious thought is powered and then I will demonstrate how to quickly eliminate the intensity of the thought.

Say for example you are going about your daily business when an anxious thought enters your mind.

Whatever the nature of the thought, the pattern that follows is usually quite predictable.

The anxious thought flashes briefly in your awareness and as it does so you immediately react with fear as you contemplate the thought. The fearful reaction you have to the thought then sends a shock-wave through your nervous system. You feel the result of that fear most intensely in your stomach (due to the amount of nerve endings located there).

Because of the intense bodily reaction to the thought you then get sucked into examining the anxious thought over and over.

The continuous fearful reaction you have to the thought, increases the intensity of the experience. The more you react, the stronger the thought rebounds again in your awareness creating more anxious shock-waves throughout your body. This is the typical cycle of anxious thoughts.

For some it feels like the anxious thoughts are hijacking their peace of mind.

Because of the reaction you are having, you may continue to spend the rest of your day thinking about the anxious thoughts you experienced.

“Why am I thinking these thoughts?” “Why can't I shake off this eerie feeling?”

The harder you try not to think about it, the more upset you become. It is like telling someone

‘Whatever happens do not think of a pink elephant’.

Naturally enough it's all they can think about. That's the way our brains are wired.

So how can you eliminate these unwanted anxious thoughts?

### **To begin with:**

- -when you start to experience anxious thoughts, it is very important not to force the thoughts away.

Let the thoughts in. The more comfortable you can become with them, the better. These thoughts will never go away fully but what you can learn is to change your reaction to them.

By changing your reaction to the anxious thoughts you become free of them.

## **Anxiety and Stress Elimination**

Once you establish a new way of reacting to the thoughts it does not matter if you have them or not. Your reaction is what defines the whole experience (and that applies to almost everything).

Everybody experiences fleeting thoughts that many would consider scary or crazy. The difference between most people and somebody who gets caught up in them, is that the average person sees them for exactly what they are, fleeting anxious thoughts, and casually ignores them.

The anxious person is at a disadvantage as they already have a certain level of anxiety in their system. The thoughts easily spark feelings of further anxiety which builds into a cycle of fear. You break the cycle by changing how you react to the fearful thought.

### **Here is an example of how to approach this:**

You are enjoying the way your day is going but then all of sudden a fearful thought comes to mind.

Before you would react with anxiety to the idea and then try to force that thought out of your mind.

This time, however, say:

“That’s a fear of X. I could worry and even obsess over that but this time I’m going to do something different. I’m not going to react to it. I’m also not going to try and stop it either. I’m just going to label the thought and not react.”

Then the thought comes again with more intensity and possibly with new ‘scary’ angles you never considered. When this happens you do exactly the same. As if you were observing a cloud passing overhead, you simply

- -Observe it,
- -Label it (fear of whatever), then
- -Watch it as it passes by with no judgment.

Then

- -Move your attention on to what you were doing.

Observe, Label, Watch, Move on

See the anxious thought for what it really is: -one of the thousands of fleeting sane and insane thoughts every one of us experiences daily.

If you are a more indoors type of person then instead of thinking of the thoughts like clouds passing in the sky, you might try imagining a large cinema screen and the anxious thoughts are projected out onto the screen in front of you. Play around with this approach. Find what works for you.

## **Anxiety and Stress Elimination**

### **The key thing to remember is to:**

Observe, Label, Watch, Move on

By practicing this approach you gradually stop reacting with fear to the thought and you learn to treat it as nothing more than an odd peculiarity.

### **When you are at a stage where you are comfortable doing the above exercise and you feel you are making good progress, then try this additional step:**

Actually invite one of your more regular fearful thoughts in.

Call the fear to you, say you just want it to come close so you can observe it.

It may seem like the last thing you would wish to bring upon yourself, as you don't particularly enjoy these thoughts but this approach can be very empowering. You are now calling the shots. You actually invited the issue in.

By doing this you are discharging the dense vibration of fear surrounding the anxious thought. That fear was sustaining itself on your resistance, -the idea that you could not handle these thoughts.

The fear quickly evaporates when you turn around and say "yes of course I can handle these thoughts."

Fear intensifies when we pull away from it. Anxious thoughts become a mental tug of war if we struggle with them.

It is the mental struggle of pulling against the anxious thoughts that creates the inner psychological tension.

### **The inner tension is fueled by thoughts like:**

- "I can't handle to think about this -please go away"
- "I don't like that thought- I want it to stop!"

Take a different stance. Invite anxious thoughts in. Willingly sit with them, label them and do your very best not to react.

Yes, it does take practice but very soon you find yourself in a unique position of control. You are no longer a victim of fearful thinking but a decision maker in what you will or will not be concerned about.

As with every technique there is always a level of practice involved in the beginning. Initially you start observing but then suddenly get anxious about the fearful thought. That's very normal in the beginning.

## **Anxiety and Stress Elimination**

Keep at it. Practice and you will quickly see how less impacting those fearful thoughts become.

Do not let your mind trick you into believing that your anxiety is something you will always have to struggle with. That is simply not true.

Not alone is it possible to control the occurrence of anxious thoughts but I can teach you how to end panic attacks and general anxiety if that is your goal.

You can have the life of your dreams. Anxiety does not have the right to steal that hope from you.

There is an e-mail mini series you can get that will help you to reduce anxiety levels significantly.

To learn more about Panic Away [Click Here Now!](#)

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### **Here are some of the things you will learn from Panic Away...**

- -Learn how to be empowered and gain confidence by engaging a simple technique to defuse any panic attack.
- -The four most powerful approaches to creating an enduring anxiety buffer zone (particularly useful for those who experience GAD).<
- -Learn to avoid making the one mistake almost everyone makes during a panic attack episode.

### **Here is a small sample of how the course has helped others:**

*...learned more from reading your program than I did from all the psychologists and other practitioners I had seen in the 25 years*

*I must tell you that out of all the items you can purchase regarding anxiety related products on the internet, I learned more from reading your program than I did from all the psychologists and other practitioners I had seen in the 25 years that I've had this condition.*

*I had been on Xanax and Klonopin for about 10 years, but this December, I decided to withdraw from it thinking I didn't need the pills anymore according to some of the programs I ordered claiming "miracle cures". That's when all my symptoms started again. I felt as if I had wasted the past 20 years trying to get better. That's when I started searching the web for home based "cures". I ordered so many programs I started to get confused from too much conflicting advice. Also, I was promised support but I am still waiting replies from some of the more expensive programs!*

*You are a true gentleman, and I am going to post a very positive feedback on a website you might be familiar about called: Tapir?*

*Talk to ya, Andy*

## Anxiety and Stress Elimination

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*...I DEBATED ORDERING YOUR PROGRAM BECAUSE I HAVE SPENT APPROX. \$8,000 IN THE LAST 5 YEARS*

*I RAN ACROSS YOUR PROGRAM SUNDAY, FEB. 5th. I DEBATED ORDERING YOUR PROGRAM BECAUSE I HAVE SPENT APPROX. \$8,000 IN THE LAST 5 YEARS OF MY LIFE TRYING EVERYTHING FROM PANIC SUPPORT CLASSES, MEDICATION, COUNSELING AND THE LIST GOES ON, ALL TO RID MYSELF OF PANIC ATTACKS. SOMETHING INSIDE ME SAID, JUST KEEP TRYING, SO I DID. AFTER 5 YEARS OF OF LIVING MY LIFE WITH THE WORLD ON MY SHOULDERS I AM EXCITED TO SAY THAT I AM NOW PANIC FREE. AFTER ONE TIME OF APPLYING YOUR ONE MOVE TECHNIQUE, I AM A NEW PERSON.*

*ONE OF MY MANY FEARS THAT I DEVELOPED WAS DRIVING. AFTER READING YOUR PROGRAM AT 12.30 AT NIGHT I WROTE DOWN SOME QUICK NOTES FROM YOUR "ONE MOVE TECH." I RAN OUT OF MY HOUSE AND DROVE TOWARD THE DARKEST SCARIEST ROAD WHERE NOBODY WAS NEAR BY.*

*THIS WOULD DEFINITELY BRING ON AN FULL PANIC ATTACK, WHICH IT DID. WHILE LETTING MYSELF FEEL THE EMOTIONS RUN THROUGH ME, I DID EXACTLY WHAT YOU TOLD ME TO DO, I WAS SCARED AS HELL BUT STOOD MY GROUND. I INSTANTLY CALMED AND EVEN TRIED TO BRING THE ATTACK BACK ON, BUT COULD NOT. I LITTERALLY LAUGHED OUT LOUD AND SAT IN MY TRUCK AMAZED. AFTER ALL THIS TIME THAT WAS ALL I HAD TO DO. THE COMPLETE OPPOSIT OF EVERYTHING THAT I WAS TOLD. THIS WHOLE WEEK I HAVE DRIVEN WHERE EVER I WANTED, AT ANY TIME OF THE DAY. I AM SO GLAD I FOUND YOUR PROGRAM.*

*THANK YOU SO MUCH FOR ALL YOUR RESEARCH, TIME, AND DEDICATION SO THAT PEOPLE LIKE US CAN NOW LIVE A NORMAL AND HAPPY LIFE. JACKSON CA, AARON*

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*...I prayed to God to show me what to do*

*I experienced my first panic attack in July of this year and ended up going to the hospital by ambulance thinking I was having a stroke or heart attack! I have had a bunch of attacks since then. Monday morning I awoke to an immediate attack and prayed to God to show me what to do. To make a long story short, I was led to your website but was afraid it was like the other ones where they try to sell you their products. However, your introductory information really spoke to me and I decided to take a chance. I read your book and it gave me the tools I was searching for to deal with my attacks.*

*I could tell immediately that you have suffered from panic attacks yourself because you spoke with authority that can only have come from having dealt with the terrors yourself. I am 42 years*

## **Anxiety and Stress Elimination**

*of age and have been noticing the psychological effects of perimenopause (one of which is panic attacks in my case). Thanks again!!*

*Sincerely, Cynthia*

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**To Learn more about Panic Away visit:**

**[Click Here Now!](#)**

I encourage you to take a chance with this course. As a former sufferer I would not pretend to have a solution if I did not honestly believe it could be of great benefit to you.

Together we can get you truly back to the person you were before anxiety became an issue.

P.S. Additional bonus- I am currently offering an opportunity to have a one to one session with me so that I can ensure you get the results you need. All I ask is that should you feel the course has been of tremendous benefit to you that I add you to a database I am currently updating of success stories.

**If you want to learn more about this course and how to get started right away visit:**

**[Click Here Now!](#)**

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