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5 Natural Anxiety Attack Treatments

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Anxiety attacks are absolutely terrifying, but the good news is that they are generally harmless. The intensity of their symptoms peaks after around 10 minutes and the symptoms don't usually last more than 30 minutes. Here, you'll learn about 5 natural anxiety attack treatments you can do at home, or, where appropriate, the workplace.

First though, let's look at why so many people are now turning to natural treatment for anxiety attacks...

Things such as antidepressants, beta-blockers and Selective Serotonin Reuptake Inhibitors (SSRIs) are generally prescribed to help relieve the psychological and / or physical symptoms of anxiety and anxiety attacks. And for most people they can work given time. But, they can have some very severe side effects, including dependency issues.

The other problem is that they can't address the underlying anxiety issues, so that when you come off them there is no guarantee that your anxiety won't return. This is why more and more sufferers are turning to natural anxiety attack treatments.

Now let's look at 5 of these natural treatments...

MEDITATION

Meditation can relieve stress and anxiety by expelling negative energy from your body, relaxing tense muscles and calming your mind. It helps to reduce the fear and apprehension of having other anxiety attacks, which is a key element in the continuing cycle of anxiety attacks. You'll need to get expert help on meditation techniques and to practise them over a period of time in order to get the full benefits of this treatment. But the result will be well worth the effort.

SELF-HYPNOSIS

This is a super technique to help control your thought processes by channeling your negative thoughts into more positive ones. Self-hypnosis is recommended by psychiatrists as a valuable technique in the treatment of anxiety attacks and other anxiety disorders. Once again, you'll need to get help in how to use the technique, and, you'll get better at it as you practise more.

CONTROLLED BREATHING

This can be used during an anxiety attack to help reduce the severity of the symptoms and the length of time they persist. Proper controlled breathing helps to re-balance your carbon dioxide / oxygen ratio, slowdown your heartbeat, and, calm your tense muscles and your mind. Plus, the very act of concentrating your mind on proper controlled breathing, diverts your attention away from your anxiety attack symptoms, so helping to shorten the attack.

THERAPIES

These are used in the treatment of the psychological side of anxiety. One of the most popular is Cognitive Behavioural Therapy (CBT). CBT helps you alter the way you think about anxiety and anxiety attacks and, in so doing, helps you transform negative thoughts into positive thoughts and actions. There are various techniques used to achieve this, such as role-playing, relaxation and exposure therapy. Your doctor may propose CBT along with medication.

HERBS

As with many ailments and disorders, so in your treatment for anxiety, herbs can play an important part. The beauty is that they are natural and, for the vast majority of people, have no negative side effects as with drug-based medications. Typical of such herbs are chamomile, passion flower, lavender, and ginkgo biloba.

All of the above can give positive outcomes, but they generally just help you to 'manage' or 'cope' with your condition. The drugs just address the symptoms by altering the chemicals in your brain.

The key to a complete cure is to rid yourself of your subconscious (or conscious) 'fear' of having another anxiety attack. You need to do this because your fear is continually raising your already high anxiety levels to such an extent that it's your fear itself that can cause further anxiety attacks to occur. You're in a 'cycle of anxiety' that feeds on your fear. You need to break this cycle in order to prevent further attacks and cure your general anxiety.

To discover the simple '[ONE MOVE](#)' technique that will eliminate your fear factor and so break your vicious cycle of anxiety, please go to <http://eliminatepanicattacks.blogspot.com> and prepare to get your old self back again.

The author constantly researches health issues then writes reports on his findings so that you are perhaps more aware of the facts, and then, better able to make an informed decision on your choice of treatment and cure. Remember to always consult your doctor first. Please please go to <http://eliminatepanicattacks.blogspot.com> and prepare to get your old self back again.

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