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A Cure For Anxiety Attack - How to Banish Your Fear and Cure Anxiety Attacks

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A cure for anxiety attack can be very difficult if you don't appreciate the part that your 'fear' of one plays in the anxiety attack process. You might not even think that you have this fear. But if you have had an anxiety attack or multiple attacks you are (even subconsciously) fearful of having another.

However, this very fear of another anxiety attack could be the very thing that will cause you to have one. That's right: your fearful attitude (even in your subconscious) can actually trigger another attack. So the key to a cure is to banish the fear of another anxiety attack in order to prevent further attacks.

General Anxiety

Before we talk about a cure for an anxiety attacks, let's discuss general anxiety. General Anxiety Disorder (GAD) is a condition in which the sufferer is more or less constantly worrying and obsessing about issues or events that don't merit these unusually high levels of anxiety. And that this begins to interfere with normal everyday life. A sufferer is normally diagnosed with GAD if they have displayed the symptoms of anxiety for at least 6 months.

But that's not to say that someone who is going through a prolonged 'rough patch' way less than 6 months, but with ongoing high anxiety levels, can't also have an anxiety attack.

Symptoms of Anxiety

Some of the symptoms of anxiety are; sleeping problems, irritability, feeling worried all the time, poor attention span, restlessness, continual tiredness, stomach problems, rapid heartbeat, shaking, tremors, urinating more often, diarrhea, etc. Oftentimes, the diagnosis of anxiety is only made after an anxiety attack because the victim had thought they were having a heart attack and emergency services had been called, and / or a doctor consulted.

Anxiety Attacks

An anxiety attack occurs when someone with ongoing anxiety is faced with a stressful event or situation that rapidly raises their already high anxiety levels. Situations like a bereavement, job loss, relationship break-up, being trapped in a lift, being in a large crowd, etc. This triggers the release of way too much adrenalin in the body and the result is an anxiety attack.

Symptoms of Anxiety Attacks

Some of the most common symptoms of an attack are; shortness of breath, palpitations, heart racing, chest tightness, tingling fingers and / or toes, dizziness or lightheadedness, nausea, detached feeling, feeling of some unknown doom.

Treatment For Anxiety and Anxiety Attacks

Anxiety and anxiety attacks can be treated with prescription drugs such as minor tranquilizers, anti-depressants or beta blockers. But these have side effects that can be unpleasant, very unpleasant, and downright dangerous, such as dependency. There are also therapies such as psychotherapy, hypnotherapy, and counselling; and self-help therapies like yoga, meditation, aerobics, self-hypnosis, etc.

In the main these treatments really either treat the symptoms of anxiety and anxiety attacks or help you to manage the condition.

Banish the Fear to Cure an Anxiety Attack

The missing piece of the jigsaw is how to get rid of the fear of another attack in order to arrive at a cure. If you don't get rid of this fear, it can be very difficult to cure the underlying anxiety, because your fear of having another

attack is adding to your overall general anxiety levels.

A ready made solution is Joe Barry's totally unique One Move Technique (TM). The result of over 10 years research and testing, it has been successfully used by over 34,000 people in 30 countries so far.

To get more information on Joe's proven One Move Technique (TM) go to <http://eliminatepanicattacks.blogspot.com> where you'll also find a video showing the different stages of an anxiety attack, or [panic attack](#) as it's sometimes called.

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.

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