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Anxiety Without Medication - #1 Alternative For Treating Anxiety And Panic Attacks

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If you suffer from anxiety and panic attacks and visit a doctor or psychiatrist - you are almost always going to be given a prescription for medication. This is simply because doctors don't have much time and believe it to be the fastest solution to your anxiety problem.

Most doctors have the best intentions but simply do not spend all their time in finding alternatives for these chemicals that may cause many unpleasant side effects.

Here you will find some very good reasons to treat your [anxiety without medication](#) – and the best natural alternative for doing exactly that.

Why should you try to get rid of anxiety without medication?

First of all, you must know that medication will not cure anxiety disorders! It can only keep them under control while, and if, you receive psychotherapy!

Second, anxiety medication can cause different problems – from mild to severe ones. The most common side effect is drowsiness. You really don't need that while you are working, driving, or doing anything else. High-potency benzodiazepines have few side effects other than drowsiness. You can very easily get used to them and may need higher and higher doses to get the same effect. In short, they are very addictive.

Other possible side effects include:

Headaches, nausea
dizziness
unsteadiness
problems with coordination
difficulty thinking or remembering
increased saliva
muscle or joint pain
frequent urination
blurred vision
changes in sex drive or ability

Another reason to cope with anxiety without medication: The minute you stop taking them, anxiety will return full blown. Do you need any more reasons for managing your anxiety without medication?

#1 Alternative for treating anxiety without medication - Cognitive-Behavioral Therapy

Cognitive-behavioral therapy (CBT) is very useful in treating anxiety disorders. The cognitive part helps you change the thinking patterns that support your fears, and the behavioral part helps you change the way you react to anxiety-provoking situations.

Cognitive-behavioral therapy teaches you to understand and change your thinking patterns so you can react differently to the situations that cause you anxiety. Makes sense, right? And this is exactly how you should eliminate your [anxiety without medication](#) – and forever.

How does it work?

You are probably well aware that a panic attack is a 'fight or flight' response to a perceived threat. **In short, a separate part of your brain becomes more active during a panic attack.**

The problem, as you well know, is that once the panic attack begins and that heightened state of fear starts, it is very difficult to calm yourself down. In order to calm yourself you need the brain's mental activity

to change. Deep breathing, for instance, will not help you. All deep breathing does is try and restore calm to the body. **Trying to mentally calm the body is like shutting the gate after the horse has bolted.**

Just coping with this condition is not good enough. Cognitive Therapy will teach you how to free yourself from ever having another panic attack.

To find out more, claim your FREE video revealing the secrets to immediate anxiety relief naturally, at:

www.No-More-Panic-Today.com

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