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How to Stop Anxiety Attacks Naturally

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Anxiety attack is no longer a new term in our life. In fact, it is affecting a staggering 20 million of the American population including school-age children. Traditional medication has always been one of the most effective ways to treat anxiety, but they are also being accused of potential harm to our bodies. As such, more people would like to learn how to stop anxiety attacks naturally, and the non-drug methods are what they start with.

1. BEHAVIORAL THERAPY

Behavioral therapy is applied to change the behavior pattern and thinking process of the sufferer, in order to ease both physical and emotional symptoms of anxiety attacks. With this method, sufferers are trained to cope with their stress, relax their minds, and shift their focus to more positive events. All of these skills will enable the patients to reduce their anxiety symptoms. In the mean time, the behavior therapist also help the patients to identify the causes of their problems and prevent them from happening again. These methods are essentially different from the direct interventions in treatment by medications or hypnosis.

2. HERBAL PRODUCTS

In essences, herbals are another form of drug, but are considered natural because they are less addictive and harmful compared to traditional medications. Kava Kava is a commonly used herbal drug which can help alleviate anxiety symptoms and can be consumed daily. Valerian Root is another type of herb that has been found to be useful for anxiety, and it works as both an anti-sedative and an anti-anxiety agent. Other herbs that are known to be able to alleviate anxiety symptoms include chamomile, B-complex vitamins, and St. John's Wort, a potent natural anti-depressant.

3. MEDITATION

Meditation helps the practitioners to put minds at ease. When you do it for a long time, you can have easy control of your mind and dispel excessive worries, fear, and anger. Yoga is one of the commonly known techniques.

4. DIETARY HABITS

With regard to alleviating anxiety, caffeine and sugar are two types of consumptions you should definitely avoid. Quite often, healthy diet coupled with regular exercise is a magic pill for various kinds of medical conditions.

5. EXERCISE

When you do exercises, your body releases a stream of neuro-transmitters that can successfully keep anxiety at bay. Why not start with less-intensive programs and gradually build up? With proper exercise, you can well protect yourself against anxiety attacks or reduce the symptoms if you are already suffering it.

All natural anxiety cures as mentioned above involve restoring the biochemical balance of the body and making dietary and lifestyle changes designed to improve your general health. Now, more and more anxiety sufferers prefer a way to stop anxiety attacks naturally as none of the traditional medicines is totally free from side effects. Mind you, though, the non-drug methods are mild remedies and are only suitable for treating minor anxiety symptoms. In the case of more severe anxiety attacks, traditional medications are still the first choices.

Are you tired of the cliché deep breathing technique for [treating anxiety](#)? If so, you may like to check out [the Linden Method](#). This unique and easy to follow method has not only cured over 100,000 sufferers worldwide, but also are highly regarded by a large number of anxiety specialists.

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