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# **Overcoming Anxiety Attacks - How I Beat Anxiety Attacks Naturally**

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Overcoming anxiety attacks is usually through drugs. But I beat my anxiety attacks naturally. Here, you'll discover the symptoms of anxiety attacks, the usual drug-based treatments and their side effects, and, information on how I eliminated my anxiety and anxiety attacks naturally.

So if you are struggling with any of the following types of anxiety disorders then don't worry, help is at hand:

**Phobias** - fear that's not in proportion to any real danger.

**Obsessive-compulsive disorder (OCD)** -

**Panic disorder** -

**Post-traumatic stress disorder (PTSD)** -

**Generalised anxiety disorder (GAD)** -

feel worried most of the time about things that might go wrong. have or witness a traumatic event living 'in fear of fear'. recurring obsessions and/or compulsions.

tightness or pain in your chest

shortness of breath

dizziness

difficulty swallowing

shaking

You can also get psychological symptoms with anxiety, which can include...

sleeping difficulties

feeling worried or uneasy all the time

feeling tired

being irritable or quick to get angry

being unable to concentrate

If the above is familiar, then don't worry as there is help available, which is powerful, but also practical.

**Don't let finding ways of overcoming anxiety attacks worry you any more: I beat my anxiety attacks naturally. This natural solution worked for me and now I feel incredible. You'll get the information at the bottom, but first, here's my anxiety story...**

**My anxiety attacks were related to a social phobia; crowded public places were a hell-hole for me. My chronic anxiety invaded my life and kept me from going out with friends and having fun. Friends and family would do my shopping and I never went to the cinema, just waited for the DVD.**

**I was prescribed drug-based treatments. But I found my anxiety disorder drug treatment had basically 'duped' my brain into a better state. I was prescribed a serotonin-specific reuptake inhibitor (SSRI), basically an anti-depressant. It made me feel unmotivated and constantly tired. I was going about in a daze.**

**If you have already sought medical advice, then the chances are that you have been prescribed some form of drug treatment programme? But before this you would have been asked countless invasive questions. Typical drug treatments include...**

**Tranquillisers - Such as Benzodiazepine. Short-term stress-related anxieties. Risk of addiction if taken for long periods.**

**Buspirone - Can relieve anxiety over time but has side effects. Different from Benzodiazepines.**

**Antidepressants - Such as Seroxat, Sereupin. Three month course, but may require longer.**

**Beta-blockers - Such as Inderal or Lopressor only relieves physical symptoms of anxiety such as shaking. Doesn't affect psychological symptoms. Not suitable if asthmatic or diabetic.**

**The above can help to a degree, but the thought of taking these for lengthy periods scared me stiff. I felt like I was slipping back to where I started; I felt dependent on them. Some of the drug treatments listed can be addictive and also have otherside effects, such as Buspirone which causes nausea, headache and nervousness. So I took another, more natural route to overcoming anxiety attacks...**

**If you don't want to go down the same costly 'drug' route with their negative side effects, then go now to <http://get-rid-of-panicattacks.blogspot.com> where you'll get the facts on a completely natural remedy for [overcoming anxiety attacks](#) successfully used by thousands of ex-sufferers worldwide. Plus, a free video of an anxiety attack as it happens.**

But before we look at ways of overcoming anxiety attacks, let's look at the symptoms.

When you're suffering an attack, you may experience a range of physical symptoms. These occur because of the body's 'fight or flight' response which is caused by the release of the stress hormone adrenaline. These symptoms can include...

You can also find this article published on [Overcoming Anxiety Attacks - How I Beat Anxiety Attacks Naturally](#), and on the tag pages [Anxiety](#), [Attacks](#), [Beat](#), [Naturally](#), [Overcoming](#).