

ANXIETY - DEALING WITH IT

"Please help me. Stephanie, what's wrong? I can't breathe, I feel like my heart is racing. Oh my God what's wrong with me? My heart hurts . I don't know what's wrong with me. I'm breaking out in a sweat, I feel nauseous, I'm scared , I don't know what's wrong. Please don't leave , please stay with me."

According to the Anxiety Disorders Assoc. of America , "Anxiety disorders are the most common mental illness in the US, affecting more that 40 million adults in the United States age 18 and older (18.1% of U.S. population)."

Anxiety disorders cost the U.S. more than \$42 billion a year, almost one-third of the country's \$148 billion total mental health bill, according to "The Economic Burden of Anxiety Disorders."

There are many different type of anxiety disorders. Generalized anxiety disorder and panic attacks are among the most common types of anxiety disorders we see at Nature's Wisdom Wellness.

WHAT ARE THE SYMPTOMS OF A PANIC ATTACK? AT LEAST 4 OF THE FOLLOWING SYMPTOMS THAT ARE RECURRING

- SUDDEN INTENSE FEAR
- RACING HEARTBEAT
- CHEST PAIN
- FEELING DIZZY OR LIGHTHEADED
- FEELING LIKE YOU CAN'T BREATHE OR GET ENOUGH AIR
- FEAR THAT YOU ARE GOING CRAZY
- TERROR THAT IS PARALYZING
- SWEATING, SHAKING, TREMBLING
- NAUSEA
- FEAR OF DYING

WHAT CAN BE DONE TO HELP THE VICTIMS OF ANXIETY & PANIC ATTACKS?

Dietary Changes

A holistic approach can be extremely beneficial to the person suffering from these terrifying attacks and also for persons with generalized anxiety disorder. First, dietary changes need to be made. This is mandatory. The occurrence of panic attacks can be reduced dramatically with simple dietary changes. Chemicals added to o many of our foods contribute to panic attacks. At Nature's Wisdom we will take a diet history and make recommendations for changes in your diet that will help to decrease the frequency of these attacks. We will also give you a list of the chemical names , to carry with you. So that you can avoid them.

Eating foods rich in magnesium can help. Magnesium is called the " GREAT RELAXER". Green vegetables, almonds, cashews, beans, potatoes and halibut are all rich food sources of magnesium.

There are also vitamin deficiencies that can contribute to anxiety. We will educate you on the actions of different vitamins and minerals that may help.

Ondamed Biofeedback

Ondamed biofeedback helps to stimulate the connective tissue to release toxins. Decreasing our toxic load can also contribute to a decline in the number of panic attacks. Ondamed therapy helps your body to heal itself. It can help the body to return to a homeostasis. One clients panic attacks were reduced by running the hormone balancing programs. What kind of programs can we run on you ? We have hormonal programs , central nervous system programs, psycho-veg programs which help with stress and depression .We also have many other stress-related programs. We use pulse biofeedback, so we allow your body to tell us what it needs.

ANXIETY (Continued)

HOT STONE REFLEXOLOGY

Imagine lying down with a warm neck collar, listening to soft, relaxing music. as your feet are massaged with hot stones , you drift into a state of total relaxation. Anxiety? No. This Hot Stone reflexology has brought you to a state of complete relaxation. Reflexology is beneficial for stress relief. Relaxation techniques along with thumb-walking on reflex areas will help to relax body, mind and spirit. Never tried reflexology before.? Once you do, you will never stop. Reflexology is a deeply relaxing practice when done correctly. Treat yourself or someone you love to a session.

IONIC FOOTBATHS

How good do you feel when you are near the ocean? Do you feel relaxed, peaceful? If you do, its probably partly due to the concentration of negative ions in the ocean air. These are present wherever there is fast running water. Now imagine sitting, relaxing , sipping herbal tea while you soak your feet in a sink of negative ions. Imagine how you feel as you watch the water change color and remove toxins from your body.

FAR INFRA-RED SAUNA

The skin is one of our largest organs of detoxification. When we sweat our body releases toxins. Many medical doctors recommend saunas to help with detoxification of pesticides and heavy metals. The warmth of a sauna can also be a very relaxing experience.

Panic Attacks and generalized anxiety can be debilitating. At **Nature's Wisdom** we know how to help you detoxify and relax.

DISCLAIMER: The information provided herein is for educational purposes only and is not intended to diagnose, treat, cure or prevent any health conditions. Please avoid self-diagnosis by consulting a qualified Health Care Professional to diagnose your health conditions. The U.S. Food and Drug Administration has not evaluated statements about health topics discussed here nor any suggested product compositions.

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