

Natural Healing Express Weekly

Column 197 Anxiety Reactions, Part 1

This week we will chat about anxiety reactions. This article has been in the pipeline for a long time; it just seems that other topics have surfaced that needed to be addressed first. And, alas, ignoring the signs of anxiety reactions can be one of the biggest issues leading to chronic fatigue. Well, not so this week.

Anxiety disorder is the most common mental illness in the United States as of 2013. Over 19 million Americans suffer from clinical anxiety, panic disorders and phobias. Phobias are most commonly defined as extreme fear. Another 35 million suffer from mild to moderate anxiety symptoms. And us women are twice as likely as men to suffer from anxiety and related disorders.

An interesting statistic from the Pew Institute finds that since the attacks on Sept 11th, one in three Americans have frequent insomnia and interrupted sleep. That's 33 percent people! Just since 9-11. The reason I mention this statistic is because as a nation, we are experiencing more and more layers of anxiety that ultimately affects our health. Apparently, we worry about our country and our safety. And, after losing those innocent Marines in Tennessee, well, can you blame us?

So, what causes anxiety reactions? Anxiety and phobias are not just frightening for a soul. A recent Harvard study shows that people who react to stress this way are 4 times more likely to have high blood pressure, heart spasms, heart disease and hypoglycemia. They are also more accident prone.

Anxiety is related to emotional stress encountered in daily life. For example, relationship difficulties, job demands, food allergies, B-vitamin, calcium and magnesium deficiencies and even things as seemingly harmless as crowds or loud people.

Many people have asked what does a minor panic/anxiety attack* look like? I have seen people shiver. I have seen people tremble. Many folks who are usually calm and reserved show a slight shaking in their hands. Hardly noticeable perhaps, but a big sign something is amiss. Normally the heart rate increases. Concentration can be difficult and focus can be non-existent.

Sometimes people can have racing thoughts, indigestion, or even ulcers and acid reflux. Another huge sign is irritability. Not the hey, I didn't get a front row parking space kind, but a shouting, screaming outburst when the person is normally soft, spoken kind. Maybe more specific, they demonstrate a noticeable change in behavior that sets the person off as acting much differently than "their" normal.

Another sign is high blood pressure, head, neck and back aches, dizziness and/or excess perspiration. I have even witnessed dry mouth and shortness of breath. One important note is how to discern the difference between a panic/anxiety attack and a heart attack.

HEART ATTACK WARNING SIGNS: Seek Medical Attention Immediately. Failure to do so may risk your life!

- Pressure or pain in the center of the chest lasting more than three minutes
- Numbness spreading to the face, neck, arms and usually on one side
- Chest pain and severe loss of vision, especially in one eye
- Trouble talking or understanding speech
- Unexplained Sudden Fatigue or Back Pain

MAJOR PANIC ATTACK SIGNS * see above for the minor signs- Herbs and herbal remedies such as Nutri-Calm can assist

- Bolting Upright out of bed in the early morning hours
- Feeling Faint
- Severe Dizziness
- Racing Heart Beat
- Hyperventilating
- Feeling like you are going crazy, or losing control
- Feeling full of fear that has no basis in reality
- Feeling short of breath

For minor panic/anxiety attacks, we recommend a great product called Nutri-Calm. If you are experiencing any of the above signs, be sure to stop by and grab some for your Natural Medicine Chest. These can be taken daily and can help to reduce many of the signs.

We recommend a similar plan of action for Major Panic Attacks, but monitor closely and put together an action plan if things worsen. And, of course, if you are demonstrating the signs of a heart attack, Get Medical Help Immediately.

Stay tuned for Part 2 next week.

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

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