

Natural Healing Express Weekly

Column 199 Anxiety Reactions, Part 2

Two weeks ago, we started a column on Anxiety Reactions. This week, we will conclude Part 2. In the middle, we had a few things come up that detained continued research. Ironically, the majority of it related to having quite the negative outcome regarding our 100 year estate auction. We are still dealing with the aftermath of all that. And, don't worry, for those of you still wanting details, I have just been given authority by my attorney to discuss the facts of our experience to prevent what happened to our family from even happening to any of you. So, prepare for auction tips in a future article.

And, I have to tell you, the above experience allowed me to follow my own advice because it certainly did cause me an extraordinary amount of stress and anxiety. And I was taking the Nutri-Calm like it was my job. And, it helped – a lot. So, if you are experiencing anxiety reactions, start with the Nutri-Calm. We have several bottles in stock.

In continuing with how to support anxiety reaction therapy, we offer three recommendations for a nutritional plan:

1. To help deter panic attacks, avoid alcohol, caffeine and nicotine. All of these deplete Vitamin B in the body. And Vitamin B, a main component of Nutri-Calm, is one of your body's natural tranquilizers.
2. Avoid foods that can trigger anxiety such as sugar, aspartame (don't even get me started on that rant) coffee, alcohol (again), nitrate-preserved meats, MSG, fast foods, salty foods, anything fried and cola drinks.
3. So what can I eat? We recommend simple, calming foods with plenty of nutrients such as wild rice, steamed vegetables, anything rich in Vitamin B and plenty of Phyto-Nutrients.

Foods rich in nutrients are as follows:

Calcium = This helps both the stress and immune response. Examples of this are sesame seeds, almonds, soy (this can be arguable if a person is demonstrating the cancer disharmony) leafy greens and Greek yogurt.

Magnesium = This helps to protect the nerves – sea greens (we highly, highly recommend Spirulina and we have plenty of it here at Natural Healing Express), quinoa, and most nuts.

Vitamin B = This helps to support the adrenals and fuel the nerves. Examples are nutritional yeast, whole grains, most bran, most nuts and almost all beans.

Vitamin C = This helps to control the stress response. Foods rich in Vitamin C are orange juice, peppers (all kinds) greens, broccoli, kiwi, and acerola cherries.

Here are a few extra tidbits that might also be helpful in reducing panic/anxiety attacks. Remember that most of them occur in the wee hours of the morning – between 3 am – 5am. Next time, get out of the bed, turn on the TV, take a shower or hot bath, watch the sun rising, get dressed, go outside.

Other options include: Stretch, exercise, walk the dog. There is a body chemical basis for fear, released in the hormone secretions. Exercise oxygenates the body, replacing that function.

Think positive. Know that you are not alone, no matter what your situation you may find yourself. No matter what it is, this too will pass.

Send it to God in Prayer; anything is possible in the Supernatural.

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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