

Feeling Anxious?

Natural Remedies Can Help You Feel Calm and Relaxed Again

Anxiety is a normal emotion we all experience from time to time. For instance, when faced with a problem at work, preparing for a test, conflict in a personal relationship or even having to get up in front of a group to make a presentation, it's normal to feel nervous or anxious. Most of the time we are able to carry through with the task at hand and the anxiety dissipates.

For some people, however, anxiety ceases to be a situational problem and becomes chronic. When anxiety is severe enough to interfere with family relations, socializing and work, it can be debilitating. It can manifest as shortness of breath, rapid heartbeat or heart palpitations, muscle tension, trembling, insomnia, irritability, chest pain, cold sweats, feeling faint and constant feelings of stress. These symptoms are bad enough, but to make matters worse, anxiety contributes to the development of other health problems, including heart disease, high blood pressure, cancer, diabetes, and pain-related disorders such as arthritis and fibromyalgia. There is also a high correlation between anxiety and addiction to alcohol, smoking and drug use, because people often try to "self medicate" their anxiety with addictions.

People who experience this level of anxiety are said to have an anxiety disorder. If you or someone you know struggles with an anxiety disorder, it's important to know that you're not alone. According to the Anxiety and Depression Association of America, anxiety disorders are the most common mental health problem in the U.S., affecting 40 million adults in the United States age 18 and older. This means that about 18% of adults suffer from chronic anxiety.

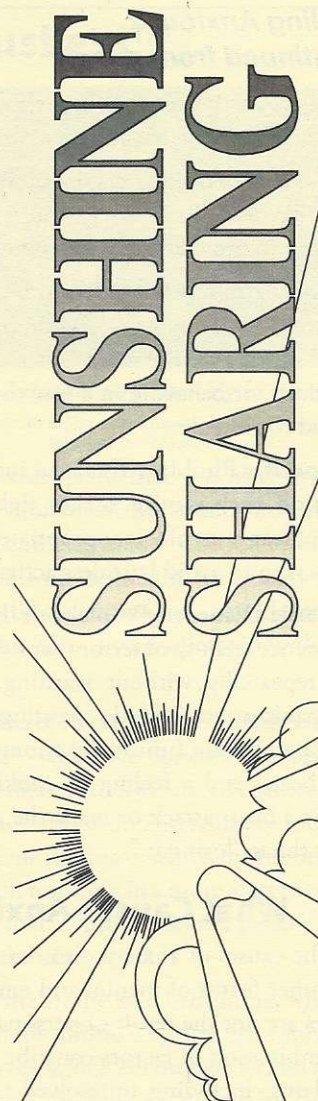
What makes this problem difficult is that other people (including family members and friends) often believe that the anxiety is all in a person's head. This often prompts people to hide their anxiety and keep their struggles hidden from others instead of seeking help.

Do You Suffer from Anxiety?

Symptoms of chronic anxiety vary depending on the type of anxiety disorder and the individual, but the following symptoms are the most common signs a person is suffering from excess anxiety.

- Chronic feelings of panic, fear, stress and/or nervousness
- Difficulty sleeping
- Cold or sweaty hands and/or feet
- Shortness of breath
- Heart palpitations
- Inability to be still and calm
- Dry mouth
- Numbness or tingling in the hands or feet
- Nausea
- Chronically tense muscles
- Dizziness

If you have symptoms like these, this issue of *Sunshine Sharing* has valuable information about natural approaches to easing your anxiety, so you can feel calm and relaxed again.



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Your guide to better health the natural way.

Important Notice

The information in *Sunshine Sharing* is for educational purposes only and should not be used to diagnose and treat diseases. If you have a health problem, we recommend you consult a competent health practitioner before embarking on any course of treatment.

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Continued on page 2

Feeling Anxious?

Continued from page 1

There are many forms anxiety disorders can take. Here are the major categories currently recognized in modern medicine.

Generalized Anxiety Disorder: This common disorder involves excessive, unrealistic worry and tension, even if there is little or nothing to provoke the anxiety.

Social Anxiety Disorder: Also called social phobia, this problem involves overwhelming worry and self-consciousness about everyday social situations. The worry often centers on fear of being judged by others, or behaving in a way that might cause embarrassment or lead to ridicule.

Specific Phobias: This is an intense fear of a specific object or situation, such as mice, snakes, tight spaces, heights or flying. The level of fear is usually inappropriate to the situation and may cause the person to avoid harmless activities or situations.

Panic Disorder: People with this condition experience feelings of terror that strike suddenly and repeatedly without warning. Symptoms of a panic attack include sweating, chest pain, heart palpitation (unusually strong or irregular heartbeat), and a feeling of choking that can mimic a heart attack or make the person think he or she is "losing it."



What Causes Anxiety Disorders?

The causes of anxiety disorders are not fully understood, but like other forms of mental and emotional problems, anxiety disorders are not the result of personal weakness or a character flaw. A combination of factors contribute to the development of these problems, including unresolved trauma and abuse, nutritional deficiencies, environmental toxins, and genetic factors.

People may have a genetic predisposition to anxiety in their family. However, there are usually environmental triggers that bring these latent tendencies to the surface. These can include traumatic events or excessive stress placed on the body. So, even though anxiety disorders may be common in a person's family, it does not mean that they will have them or that there is nothing we can do to help correct them.



The Medical Approach

Doctors generally prescribe synthetic drugs and psychotherapy to treat anxiety disorders. Antidepressants, such as selective serotonin reuptake inhibitors (SSRIs) and serotonin norepinephrine reuptake inhibitors (SNRIs), are the most commonly used medications. Most antidepressant drugs require several weeks to become effective at easing symptoms. They do not fix the cause of the anxiety, however. They only ease symptoms and that symptomatic relief comes with the potential for serious side effects.

For short-term relief of acute anxiety symptoms doctors often prescribe benzodiazepines or sedatives. These medications can be addictive and are especially problematic if the patient has problems with alcohol or drug abuse.

Taking a Natural Approach

Like any other health problem, anxiety has root causes. To permanently ease chronic anxiety, one has to identify and remove these underlying causes, which vary from individual to individual. Here are some basic things to consider.

Get Moving

Anxiety is rooted in the stress response, which is another way of saying it is related to the emotion of fear. When we perceive danger, the stress response primes us to take action to fight off the danger or flee from it. Not being able to take action in the face of stressful circumstances means the stress reactions are not dissipated, which can result in chronic feelings of anxiety.

Any kind of activity or exercise, even something as simple as walking, can be helpful in discharging the tension created by the stress response and reducing feelings of anxiety. There is even research that demonstrates that exercise is a powerful antidote to anxiety and depression.

If you can identify things that evoke stress responses in you, it helps to learn to take action to resolve the problems. In other words, learn to act in spite of your fear, as this helps channel the energy of anxiety into performance. The **Be Courageous flower essence** blend can help with this.

Eat Healthy Food Regularly

Drew Ramsey, MD and Assistant Clinical Professor of Psychiatry at New York Presbyterian Hospital, states that "Almost universally, people get more anxious and irritable when they are hungry. When you get an anxiety attack, it may mean your blood sugar is dropping. The best thing to do is to have a quick sustaining snack, like a handful of walnuts or a piece of dark chocolate, along with a glass of water or a nice cup of hot tea."

A diet high in simple carbohydrates (sugars and starches) and stimulants like caffeine and nicotine will tend to increase anxiety. So, if someone is prone to anxiety, they should eat more vegetables and high quality proteins and stick to low glycemic fruits to keep their energy and blood sugar more stable. These foods also provide more vitamins and minerals that help keep the nerves and glands functioning normally.

Deep Breathing and Meditation

Deep breathing has been shown to be effective in lowering stress and anxiety. One reason it works is that you can't breathe deeply and be anxious at the same time since anxiety involves rapid, shallow breathing. So, if you find yourself feeling anxious, consciously slow your breathing down. Try to breathe in and out for at least a count of four and increase it to five, six or more if you can. Do this as often as you need to calm your nerves.

Deep breathing is also part of learning to meditate. Meditation teaches you to quiet your mind and mentally step back from the worrisome mental chatter that often accompanies anxiety. As you learn to clear your mind of these obsessive thoughts, you will find your body relaxes at the same time.



Herbs and Supplements for Easing Anxiety

There are many herbs and nutritional supplements that can be helpful for easing anxiety. For starters, you might want to try the new supplement, **AnxiousLess™** described in the sidebar to the right. Here are some other natural remedies to consider.

NutriCalm

Nutri-Calm feeds the nerves, making it helpful for nervous, high strung people who “burn the candle at both ends.” Containing B-complex vitamins and vitamin C, which aid neurotransmitter production, along with calming nervine herbs and adaptogens, Nutri-Calm helps a person go about their “busy-ness” in a more calm, deliberate manner without causing drowsiness. A typical dose is one tablet three times daily.

Chinese Stress Relief

A person who is overly excitable, easily frightened, nervous and anxious is metaphorically described as a person with too much “fire” in traditional systems of medicine. This traditional Chinese formula for reducing excess “fire” helps to calm the nerves, reduce anxiety and improve digestion. It can also help to calm the heart rate, relax muscle tension and improve sleep.

Nervous Fatigue Formula

People can also experience anxiety as a result of chronic stress. In traditional Chinese medicine this results in deficient “fire” which can create chronic fatigue with disturbed sleep, loss of enthusiasm and sex drive, mental confusion and moodiness. In the West we describe such a person as being burned-out.

Nervous Fatigue Formula is helpful for the person who feels like they “just can’t take it anymore.” It helps normalize nervous and glandular functions to ease feelings of stress, enhance sleep, balance blood sugar and improve energy. It can ease anxiety, and mild depression as well as heal feelings of being “broken-hearted.”

Adrenal Support

This is another supplement for people who feel burned-out, especially when this is the result of chronic stress or severe trauma. When a person has been pushing themselves too hard for too long their glandular system, and especially their adrenal glands, can become depleted. People who suffer from PTSD, addictions or compulsions often need extra nutritional support for their adrenals. Adrenal Support contains an adrenal glandular and nutrients that aid adrenal function. It helps to rebuild adrenal energy, which can help a person to feel like they can cope with life again.

Mood Elevator

Designed to relieve sagging energy (chi), Mood Elevator is helpful for anxiety coupled with depression and fatigue. It uplifts energy, relaxes muscle spasms, stimulates circulation and expels mucus and toxins from the digestive tract and liver. If a person feels anxious, defeated and unmotivated, Mood Elevator may be helpful.

Continued on page 4

AnxiousLess™

AnxiousLess is a supplement designed to help ease feelings of anxiety. Its principle ingredient is Zembrin®, an extract from the South African plant *Sceletium tortuosum*, also known as kanna. It also contains nutrients that can help calm anxious feelings and stress.



Sceletium tortuosum By H Brisse

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Kanna is a small ground cover plant that was used by natives as a remedy to ease physical stress, thirst and hunger. It was also used to ease pain and enhance mood. Clinical research suggests that this extract of kanna can be helpful for anxiety and mild to moderate depression, by reducing stress and elevating mood. Research also shows the herb is well tolerated with no adverse affects.

Zembrin is an extract that has been carefully standardized for total alkaloid content so it will yield more consistent benefits. Research has shown that these alkaloids act as selective serotonin reuptake inhibitors, which ease depression and enhance mood. The extract is also a PDE4 enzyme inhibitor, which means that it increases blood flow to the brain resulting in a more alert mental state. This dual action means that Zembrin helps a person feel relaxed and mentally alert at the same time.

AnxiousLess also contains the amino acid l-theanine, which is found in green tea. This unique amino acid has been shown to increase the brain’s alpha waves, which encourages a calm and relaxed state without drowsiness. A study published in 2004, comparing l-theanine to the drug alprazolam (Xanax®), showed that l-theanine was dependable in inducing greater feelings of relaxation than the drug or the placebo.

AnxiousLess also contains thiamin, a B-vitamin that enhances GABA, a key neurotransmitter for calming the brain. The minerals magnesium and zinc are also found in this blend, both of which have positive effects on mood and help to reduce anxiety, depression and anger.

Suggested dose is one capsule as needed to reduce feelings of anxiety. Up to three or four capsules can be taken daily.

Additional Help and Information

For more information about natural remedies for anxiety, contact the person who gave you this newsletter. You can also consult the following sources:

The Comprehensive Guide to Nature’s Sunshine Products by Steven Horne and Kimberly Balas

Transforming Anxiety by Doc Children and Deborah Rozman

Healing Anxiety and Depression by Daniel G. Amen and Lisa C. Routh

Coping with Anxiety by Edmund Bourne and Lorna Garano

19 natural remedies for anxiety <http://foxnews.com/health/2013/11/09/19-natural-remedies-for-anxiety/>

Do You Experience Excessive Anxiety?

It's normal to experience anxious feelings in stressful situations, but when people feel anxious in normal, every day life, anxiety can interfere with their happiness and wellbeing. Millions of Americans suffer from anxiety disorders which interfere with their relationships, work and health.

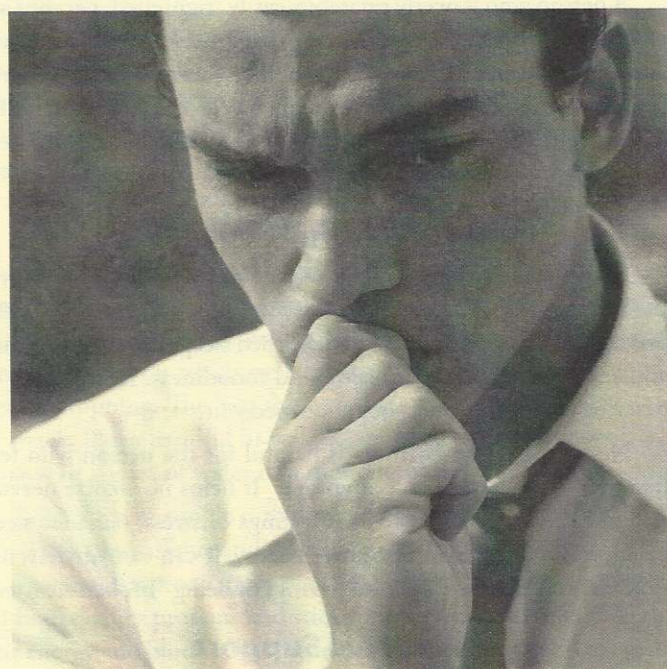
In this issue of *Sunshine Sharing* we explore the nature of anxiety and some of the ways we can deal with it naturally instead of resorting to side-effect laden drugs. So, if nervousness and anxiety are creating problems for you (or someone you love) read this newsletter to discover things you can do to reduce anxiety and experience a greater sense of calmness and wellbeing.

Herbs and Supplements for Anxiety **Continued from page 3**

In addition to the herbal and nutritional supplements mentioned on page three, flower essences and aromatherapy can be used to reduce anxiety and promote mental calmness and relaxation. For starters, there are three flower essence blends that can help.

First, **Distress Remedy** is a blend that can help to restore feelings of calmness whenever there are situations that cause a person to feel anxious and stressed. The blend helps a person become more aware and centered, so they can take action to remedy the situation, rather than just worry about it.

Secondly, the **Be Courageous** flower essence blend (mentioned on page two) can help overcome feelings of being paralyzed by our fears. It can help a person develop the courage to take decisive action in the face of their fears and anxiety.



Finally, the **Be Response-Able** blend is helpful for people who try to dispel their anxiety through addiction or compulsive, reckless behavior. It helps a person get in touch with the cause of their fears and anxiety and do something about it, rather than doing things to try to avoid or deny them.

Essential oils can also be used to calm the nerves and reduce anxiety. They can be diffused into the air, made into a hydrosol or simply inhaled straight from the bottle. **Lavender** and **Roman chamomile** are good oils to reduce nervous tension and anxiety for most people, but some people feel more agitated by these fragrances and do better with citrus oils like **bergamot** and **lemon**. Experiment to see which oils work best for you.

Essential oils can also be used to enhance meditation and deep breathing (mentioned on page 2). Good oils to help clear the mind and promote a calm awareness are **frankincense**, **sandalwood** and **ylang ylang**.