

Other possible sources of Anxiety & health advice

The following list is not comprehensive but may be worth looking into if anxiety & panic persist.

Poor nutrition:

Rather than pretend I'm competent in the area of nutrition I've decided to point you to a few solid references. The book the "Mood Cure" by Julia Ross provides solutions for overcoming depression, anxiety, irritability, stress, and other negative emotional states through a comprehensive program based on the use of four mood-building amino acids and other potent nutrient rich supplements. I own the book and have found it to be a positive resource for many of my clients.

Adrenal Exhaustion:

Prolonged stress will tax your adrenal glands. This will likely develop in stages. Symptoms could include: fatigue, difficulties concentrating, insomnia, frequent colds or respiratory issues, light sensitivity, feeling faint or light headed when standing up quickly, increase in allergies, memory blockages, low stress tolerance (getting annoyed quicker than normal)

If you are experiencing any of the above see a local physician for testing. The following supplements are extremely helpful: *Rhodiola & Ashwagandha*

Thyroid imbalances:

Your thyroid secretes two hormones which play a part in regulating metabolic rate and body temperature. The thyroid can be hyperactive or sluggish. If this is happening you will experience a plethora of symptoms, one of which could be an increase in anxiety/panic.

It's best to see a local physician for testing.

Candidiasis:

This is a yeast syndrome & can effect mood stability

PMS & Menopause: Self-explanatory.

Seasonal Affective Disorder: Seasonal affective disorder (SAD) is a type of depression or anxiety that's related to changes in seasons — SAD begins and ends at about the same times every year. If you're like most people with SAD, your symptoms start in the fall and continue into the winter months, sapping your energy and making you feel moody.

Insomnia (Sleep disorder): Insomnia is a common sleep disorder that can make it hard to fall asleep, hard to stay asleep, or cause you to wake up too early and not be able to get back to sleep. You may still feel tired when you wake up. Insomnia can sap not only your energy level and mood but also your health, work performance and quality of life. (If you snore loudly or wake up choking look into Sleep apnea).

PTSD (Post Traumatic Stress Disorder):

If you have undergone a traumatic event for which healing has been hard to come by then you are likely experiencing high levels of anxiety. It's best to speak with a medical professional who specializes in the treatment of trauma. Look for someone who specializes in Brainspotting, Somatic experiencing, or EMDR.

Pornography Addiction:

Pornography users tend to experience high levels of anxiety as do addicts in general. Consider seeing an addiction specialist or attending Sex Addicts Anonymous. Celebrate Recovery is also a credible resource. Countless numbers suffer silently because of the shame and fear associated with confession. You'll need to find a safe person or community & begin tackling this issue.

Excessive Caffeination:

If you suffer from anxiety or panic you'll need to discontinue ALL caffeine. It's not going to help you, it's going to make things worse.

Lack of Exercise:

Don't over think it. Just do it. This is a massive player in the treatment of anxiety & panic. Start with 20-30 minutes of vigorous exercise 4 times per week.