



**By [YOUR AUTHOR NAME]**

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## TABLE OF CONTENT

<b>INTRODUCTION - WHY DO YOU NEED HOLISTIC TREATMENT? .....</b>	<b>8</b>
ANXIETY IS A VERY SERIOUS PROBLEM.....	9
THE GENERAL REASONS OF ANXIETY .....	10
<i>Consumption Of Certain Drugs</i> .....	10
<i>Dietary Deficiencies</i> .....	11
<i>Trauma</i> .....	11
<i>Daily Circumstances</i> .....	11
<i>Adrenal Glands Malfunction</i> .....	11
SYMPTOMS OF ANXIETY.....	12
<i>Somatic</i> .....	12
<i>Behavioral</i> .....	12
<i>Cognitive</i> .....	12
<i>Emotional</i> .....	12
<i>Defense mechanism</i> .....	12
<b>QUIZZES AS DIAGNOSTIC TOOLS.....</b>	<b>14</b>
QUIZ NO 1 – AM I DEPRESSED? .....	14
QUIZ NO 2 – AM I STRESSED OUT? .....	15
QUIZ NO 3 – IS THIS ANXIETY? .....	16
<b>STEP NO 1 - IDENTIFY THE CAUSE .....</b>	<b>18</b>
WHAT CAUSES THE DIFFERENT TYPES OF ANXIETY? .....	18
<i>Panic Disorder</i> .....	19
<i>General Anxiety Disorder</i> .....	19
<i>Obsessive Compulsive Disorder</i> .....	19
<i>Post Traumatic Disorders</i> .....	19
<i>Physical Causes of Anxiety</i> .....	20
<i>Environmental Causes of Anxiety</i> .....	20
ANXIETY? WHAT EXACTLY IS THAT? .....	21

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[YOUR WEBSITE URL HERE]

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<b>THE MANY FACES OF ANXIETY .....</b>	<b>23</b>
GENERAL ANXIETY DISORDER SYMPTOMS .....	23
<i>GAD In Children</i> .....	24
<i>SOS Help For Generalized Anxiety Disorder</i> .....	25
PANIC DISORDER SYMPTOMS .....	27
<i>SOS Help For Panic Disorder</i> .....	28
OBSESSIVE COMPULSIVE DISORDER SYMPTOMS .....	30
<i>SOS Help For Obsessive Compulsive Disorder</i> .....	32
POST-TRAUMATIC STRESS DISORDER SYMPTOMS .....	33
<i>SOS Help for Post Trauma Stress Disorder</i> .....	34
SOCIAL ANXIETY DISORDER SYMPTOMS .....	35
PHOBIAS AND ANXIETY ATTACKS .....	36
<b>STEP NO 2.1 - ELIMINATE PHYSICAL FACTOR WITH MEDICATION .....</b>	<b>38</b>
IS SELF MEDICATION A WAY OUT? .....	38
ANXIETY MEDICATION .....	39
THE SIDE EFFECTS OF ANXIETY MEDICATION .....	40
<b>STEP NO 2.2 - USING HERBAL SUPPLEMENTS .....</b>	<b>43</b>
KAVA KAVA .....	44
ST JOHN'S WORT .....	45
VALERIAN .....	45
SAM-E .....	45
PASSIONFLOWER .....	46
HOPS .....	46
GINGKO BILOBA .....	46
VITAMINS AND MINERALS .....	46
SELENIUM .....	47
CHAMOMILE .....	47
<b>STEP NO 3 - ELIMINATE ENVIORNMENT FACTOR WITH DIET .....</b>	<b>48</b>
HEREDITY AND ANXIETY .....	48

# The 5 Steps Holistic Treatment System for Anxiety™

[YOUR WEBSITE URL HERE]

---

DIET AND ANXIETY .....	49
<i>Nicotine</i> .....	49
<i>Caffeine</i> .....	50
<i>Sugar</i> .....	51
<i>Fatty Foods</i> .....	52
<i>How You Eat Is Important, Too</i> .....	52
<i>Water – How Important Is This?</i> .....	53
<b>STEP NO 4 - ELIMINATE HEALTH RELATED FACTOR WITH EXERCISE .....</b>	<b>55</b>
STRETCHING EXERCISES .....	56
<i>Sitting Stretching Exercise</i> .....	56
<i>Standing Stretching Exercise</i> .....	56
YOGA .....	57
CARDIOVASCULAR EXERCISES .....	59
TAIJI AND QIGONG .....	60
<b>STEP NO 5 - ELIMINATE PSYCHOLOGICAL FACTOR WITH CBT.....</b>	<b>61</b>
AN ATTEMPT DEFINE COGNITIVE BEHAVIOR THERAPY .....	61
<i>Cognitive Aspect</i> .....	61
<i>Behavioral Aspect</i> .....	62
<i>Emotional Aspect</i> .....	62
WHO CAN HELP YOU WITH CBT? .....	63
OTHER ALTERNATIVES TO FIGHT IT OUT .....	64
<b>FREEDOM FROM ANXIETY IN 24 TECHNIQUES .....</b>	<b>66</b>
PREVENTION IS BETTER THAN CURE .....	66
<i>Exercise, Exercise And More Exercise</i> .....	66
<i>Say No To All Stimulants</i> .....	66
<i>Accept That You Have A Problem</i> .....	66
<i>Research To Find The Roots Of The Triggers Of Your Anxiety Attacks</i> .....	67
<i>Define Worry</i> .....	67
<i>Enlist With A Support Group</i> .....	67
<i>Give Vent To Your Grievances</i> .....	67

# The 5 Steps Holistic Treatment System for Anxiety™

[YOUR WEBSITE URL HERE]

---

BEFORE THE ANXIETY STRIKES .....	68
<i>Learn To Recognize The Warning Signals</i> .....	68
<i>Stop Negative Thinking</i> .....	68
<i>Breathe In, Breathe Out</i> .....	68
<i>Is There A Logical Justification Backing Up Your Worries</i> .....	69
<i>Reorganize Your Thoughts</i> .....	69
<i>Apply The Writing Therapy</i> .....	69
<i>Establish A Safe Place For Yourself</i> .....	69
<i>Make A List Of Your Pet Worries</i> .....	70
<i>Force Your Thoughts On To Realty</i> .....	70
<i>This Too, Shall Pass</i> .....	70
WHEN THE ANXIETY STRIKES AND AFTER .....	70
<i>Apply A Tried And Tested Relaxation Technique</i> .....	70
<i>Reach Out For Your Prescribed Medication</i> .....	71
<i>Do Something About It</i> .....	71
<i>Reach Out To Someone You Trust And Talk About What You Are Feeling</i> .....	71
<i>Face Your Fears</i> .....	71
<i>Think Positive</i> .....	72
<i>Accept That Nothing Is Perfect</i> .....	72
<b>BEWARE THE ANXIETY MAGNETS .....</b>	<b>73</b>
NEGATIVE TALK – THE SURE PATH TO SELF-DESTRUCTION .....	74
<i>Recognize The Symptoms Of Anxiety</i> .....	75
<i>Think positive</i> .....	75
<i>You Are Not At Fault – Even When You Are</i> .....	75
<i>Stop Self-Pity In Its Tracks</i> .....	76
NEGATIVE INFLUENCES – THE QUICK SANDS OF LIFE .....	76
DEPRESSION AND ANXIETY – THE DEADLY SIAMESE TWINS.....	77
<b>COMPLEMENTARY NATURAL REMEDIES FOR ANXIETY.....</b>	<b>79</b>
MEDITATION AS TREATMENT FOR ANXIETY.....	79
<i>Breathing In – Breathing Out</i> .....	79

# The 5 Steps Holistic Treatment System for Anxiety™

[YOUR WEBSITE URL HERE]

---

<i>Prayer Meditation</i> .....	80
<i>Music Induced Meditation</i> .....	80
AROMATHERAPY AS TREATMENT FOR ANXIETY .....	80
VISUALIZATION AS TREATMENT FOR ANXIETY .....	81
MUSIC AS TREATMENT FOR ANXIETY .....	83
ACUPUNCTURE AS TREATMENT FOR ANXIETY .....	85
LAUGHTER IS THE BEST MEDICINE FOR ANXIETY, TOO .....	86
HOBBIES AND LEISURE TIME .....	88
SELF-HYPNOSIS AS TREATMENT FOR ANXIETY .....	90
<i>The Relaxation Phase</i> .....	91
<i>The Trance Phase</i> .....	91
<i>The Suggestion Phase</i> .....	92
<i>The Exit Phase</i> .....	93
<b>A CRASH COURSE IN SELF-HELP – THE ANXIETY SOS TOOL KIT</b> .....	<b>95</b>
CONFRONT NEGATIVE THINKING .....	95
BEWARE OF NEGATIVE THINKING TRAPS .....	96
<b>CONCLUSION – IS THERE A CURE FOR ANXIETY?</b> .....	<b>100</b>
THE BEST TREATMENT IS TAILOR-MADE .....	100
SEEK AND ACCEPT PROFESSIONAL HELP .....	100
MAKE RELAXATION AN INTEGRAL PART OF YOUR LIFE .....	100
DEVELOP A POSITIVE ATTITUDE - BELIEVE IN YOURSELF .....	101
MEDICATION SHOULD BE TAKEN UNDER STRICT MEDICAL SUPERVISION .....	101
DIET IS IMPORTANT – EAT HEALTHY .....	101
CHOOSE THE WORK YOU LOVE .....	101
FIGHT FOR THINGS THAT YOU CAN CHANGE AND ACCEPT THOSE YOU CANNOT .....	102
LAUGH AND THE WORLD LAUGHS WITH YOU .....	102
SHARE YOUR JOYS AND YOU DOUBLE THEM, SHARE YOUR SORROWS AND YOU HALVE THEM .....	102
OUTLINE YOUR OWN HOLISTIC TREATMENT PLAN .....	103

## INTRODUCTION - WHY DO YOU NEED HOLISTIC TREATMENT?

Do you know why many anxiety patients suffered long term panic attack and only able to control their condition with medication? When the person became rely on the medication to control their anxiety, they risk more severe anxiety attack as those treatment will only relief the sensation of the body but not the mind.

Long term or heavy dosage of most medication will have different level of side effects, that's why many people turn their attention to herbal or natural treatment for anxiety. Using natural remedy is good, but will not have "**instant effect**" like medication, it takes time and effort to see result.

When I mention about time, it ranges from 3 days to 3 months. I think this is not a long time to see result, but you gain permanent benefit from the treatment. To maximize the effect of natural treatment, holistic treatment for anxiety was introduced.

Holistic treatment the combination of many natural treatment methods, and treat the problems as a whole. The patient undergo holistic treatment will need to change their bad lifestyle and habit. Any lifestyle or habit that contribute to enhance anxiety are considered bad.

This guide will help you analyst your condition, know the trigger and cause of your panic attack and help you to cure anxiety from the root, permanently eliminate anxiety from your life. Some of the method requires you to invest on certain medication and program, while most of them are free.

You must be prepared to change your lifestyle, habits, diet and use the guide as reference to outline your own treatment plan. Holistic treatment requires a treatment plan that will completely eliminate any kind of activity or event that will contribute to enhance the sense of anxiousness, and only you will know your own condition to outline the treatment plan for yourself.

Let's get started...

Anxiety and depression are among the leading mental disorders around the globe. Statistics show that about 20 million Americans suffer from this condition. Impressive, isn't it? You would think anxiety would be more likely to occur in Third-World countries where life is tougher than in Super-Powers such as the USA, where everything is there in plenty. Facts are often stranger than fiction – and this is one scenario that proves this adage amply.

Anxiety can attack at any age. Once upon a time, this was believed to be a problem, which affected most the 18-55 years old bracket; today, you will find anxiety symptoms in children as young as 7. There is too much competition, too many expectations, too much uncertainty and to top it all, there is no way to escape from it. Right from the pre-school days parents instill into the minds of their children that they have to be the best and stay ahead in the race, or they would be total losers. The parents' nervousness is transmitted to their children who gradually become trapped into a 'do-or-die' self-imposed pursuit of excellence. This might not be such a bad idea, if that came from within the child; however, when this comes from outside and does not match capacity, anxiety is born. Once it catches roots, it grows and eats you up from inside every time you want to be the best, to outdo your competition.

Adults are exposed to stress and anxiety every day, too. The lucky ones identify it for what it is and adopt measures to eliminate it. Others, who are not so lucky, all prey to it and gradually find themselves falling into a vortex of physical and mental ailments. Then, there are the middle-age people who worry about their direction, personal and professional success in life, their past versus their future, and unless they are really careful, they leave the door wide open for anxiety to creep into their lives.

Senior people are as vulnerable to Anxiety disorder as any others are. They, who are looking at a stretch of indefinite time ahead of them, supported by diminishing income generation powers, and possibly no emotional support is easy prey to feelings of hopelessness, helplessness and fear of what-tomorrow-brings. Their imminent mortality and inability to stay in full control of their own lives can indeed be depressive.

## Anxiety Is A Very Serious Problem

Would you be surprised if I told you that anxiety is ranked no 1 among all the mental conditions in the USA? This is also a disease that can be very difficult to diagnose because people do not usually go to a medical practitioner to ask a remedy for worrying about the various things that plague them. These are real things, their worry is often not misplaced, though too intense – all of which makes it look rather “normal”. When they do go for a check up it is almost always for symptoms that is a by-product of anxiety such as heart palpitations, diarrhea, insomnia, asthma, diabetes and many such others.

Anxiety is often a condition brought on by stress. This is when the alarm in your body goes off saying ‘you are in mortal danger’. The human body like any other living being is designed to fight for its survival. When stress

activates the fight-or-flight response the body triggers “a state of emergency” geared for ensuring its survival. What happens then? The brain shuts down or suspends all the systems that are not directly involved in the fight-or-flight response and activates the endocrine system which immediately releases loads of ‘stress hormones’ among which one is adrenaline, which raises the blood pressure, increases the viscosity of your blood and sets the body ready for “action”.

This means that your digestive system, reproductive system, and circulatory system among others are no longer functioning optimally and will remain in such a state until the brain is satisfied that the danger has passed and the body is safe. Unfortunately, prolonged stress, which is very common today does not allow the alarm to shut off; the result is that the body continues to function in a state of anxiety, which unless checked in time would snowball into depression, eating disorders, heart problems, respiratory complications and infertility among others.

## The General Reasons Of Anxiety

When you look at the above facts you would wonder how anxiety is so difficult to diagnose. It rather seems that it should be identified at the first glance, since it is a common knowledge that stress is an integral part of the 21st Century life. However, it is true that it takes many visits to the medical practitioner and persistent investigation to diagnose anxiety. This is because stress and worry had become so common that it is often accepted as “normal” by both the patient and the doctor; and do you treat yourself for anything that is normal?

Stress is the number one trigger for anxiety. Among other factors that can cause anxiety are:

### ***Consumption Of Certain Drugs***

The unmonitored consumption of certain drugs causes severe chemical imbalances in the body, which result in anxiety. Some such drugs are dieting pills, thyroid medication, decongestants and cold remedies, amphetamines, tricycle antidepressants and the like.

Withdrawal symptoms – sudden withdrawal of certain drugs would also cause acute feelings of anxiety. Some examples of such drugs are nicotine, (derived from smoking, tea, aerated beverages, etc...) alcohol and caffeine and so on.

### ***Dietary Deficiencies***

A poor diet is another possible cause for anxiety. When the body experiences deficiency of critical minerals, salts and vitamins anxiety sets in. This is why a supplement of vitamins, especially B complex and minerals are always advised by the doctors.

### ***Trauma***

When you are exposed to extreme stress induced by any type of trauma (rape, physical assault, natural calamity, and so on), anxiety often sets in for a long time. This is known as PTSD or post trauma stress disorder.

### ***Daily Circumstances***

The fear of losing your job during recession, worrying about topping the class, inability of managing within your financial resources, high performance demands and so on are also some of the important triggers for anxiety.

### ***Adrenal Glands Malfunction***

Although not very common, this too is a cause for anxiety feeling. In this case, the malfunction of the adrenal glands often caused by a tumor, results in releasing of excess hormones into the blood, which in turn cause acute chemical imbalance in the body. The result is anxiety.

This does not mean that there is no escape from anxiety, or that you would not be able to lead an anxiety-free life. To this end, you would have to stay alert and fight the earliest signs and symptoms of stress; only then you could win the battle and the war. You need to recognize and eliminate stress right from the beginning. For this, you need to learn how to identify positively whether you are a victim of anxiety or not.

## Symptoms Of Anxiety

In order to identify anxiety you need to be very familiar with the symptoms it manifests. The symptoms of anxiety are many and these are broadly classified into five categories: (i) somatic, (ii) behavioral, (iii) cognitive, (iv) emotional, and (v) defense mechanism. Each one of these categorizations is briefly described below to enable you not only to diagnose anxiety but also have a basic understanding of the condition:

### ***Somatic***

‘Somatic’ refers to the physical symptoms of anxiety, which is the result of sudden changes in the hormonal balance in the body and its impact on the cardio-vascular, nervous and muscular system. These are shortness of breath, nausea, paleness, lightheadedness or head reeling, chest pain, profuse sweating, tight feeling in the shoulders, back of the neck and the lower back, headaches or migraines, diarrhea, tingling of the skin, butterflies in the stomach sensation, cold and clammy hands, among others.

### ***Behavioral***

‘Behavioral’ refers to those signs that affect the way you react to anxiety. These symptoms include pacing up and down, acute restlessness, trembling, hyperventilation, repetitive behavior, forced speech, and the like.

### ***Cognitive***

‘Cognitive’ refers to thoughts and thinking process that happens when you suffer from anxiety. The symptoms here include confused state of mind, a sinking feeling like everything is going to end (badly), relentless attack of morbid thoughts, lack of concentration, loss of memory, experiencing obsessive thoughts and others.

### ***Emotional***

‘Emotional’ refers to the feelings that are associated with anxiety, which is terror, acute panic, stringed up, ready-to-explode or always-on-the-edge types of feelings, tension, unreal situation, and panic among others.

### ***Defense mechanism***

Here the reference is to automatic reactions of the human body when attacked by anxiety. These are basically psychological defenses, which are triggered to accommodate the extraordinary symptoms that come with anxiety attacks. Some of these defenses mechanisms are:

- 1. Repression** – The thoughts that cause anxiety are simply ignored and pushed away from the mind; something similar to how the ostrich reacts in the face of danger – buries its head in the sand, leaving his whole body defenseless; but it feels that it is safe because at that time it is no longer able to see the danger.
- 2. Displacement** – In order to rationalize these terrible symptoms, the fear and/or anxiety feelings are “attached” to a “reason for the fear”. This is one example of how phobias evolve. This means that the anxiety feelings are blamed on a scapegoat – and therefore, acceptable as long as the object to which these are attached are not within reach.
- 3. Somatization** – These indicate translating anxiety into illness. Therefore, you would rationalize that the unpleasant feelings that you are experiencing are due to Anxiety s you suffer from such as diarrhea, headaches, muscular pains, recurring cough and cold infections, and so on.
- 4. Delusion formation** – This is one of the more serious manifestations of anxiety where you would start believing that there are conspiracies generated especially to put you in trouble, or worse kill you. Logic and reality would not be able to influence or undermine these (usually) fantasy theories.