

Anxiety and Panic Attacks - health

Anxiety is a normal reaction to stress. In normal instances it helps us deal with tense situations in life. But when it becomes excessive it can become incapacitating to the affected individual and disrupt daily life.

There are situations where a sudden and overwhelming sensation of anxiety becomes too much to handle and one can experience a sensation called a Panic Attack. These attacks are sudden surges of overpowering fear. This fear comes without warning and most of the time without any obvious reason. Compared to anxiety, this is a far more intense and debilitating experience all together.

Those who are affected by these panic attacks and have full-blown repeated attacks can become very disabled. Their condition can cause them to be fearful of going out in public or going to work for fear of having a sudden attack.

Panic attacks often times lead to other complications such as phobias, depressions, substance abuse, medical complications, even suicide. Panic attacks cause the person's life to dramatically change. Panic attacks bring on the most complex and sudden changes known in the human body. It is experienced as overwhelming, uncontrollable dread, fear, and makes one feel as if they are terribly ill or about to die or lose their mind. It changes the physical functions of the major glands, heart, lungs, stomach, intestines, pancreas, kidneys, bladder, eyes, and the largest muscle group of the body.

After a few months of panic, about 10% of people become housebound and unable to leave home alone. After a few years about 30% of sufferers lose their job, pay or responsibilities. Some 17% are at risk of alcoholism and 40% risk chronic depression.

With such staggering statistics this is an illness that should not be taken lightly and deserves determined treatment for a positive resolution.

Seek medical help. Use relaxation techniques such as meditation, herbal supplements such as St. John's Wort, and eat lots of fruits and vegetables to encourage healthy chemical production in the brain. There are so many techniques and treatments for panic attacks, anxiety disorder, and depression related to anxiety that there is no reason not to seek help. When there are proven treatments available then there is hope. Find that hope in help and utilize the tools that will bring back the health and vitality to your life. No one deserves to suffer and no one has to. Find hope in healing.

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