



# Natural Relief for Anxiety: Complementary Strategies for Easing Fear, Panic, and Worry

*Edmund Bourne PhD, Arlen Brownstein ND, Lorna Garano*

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Twenty-five million Americans suffer from diagnosable anxiety disorder, and our cultural climate seems to breed more apprehension and fear with each passing day. It is no surprise that international pharmaceutical companies spend billions each year to research and develop psychoactive drugs that counter psychological symptoms. Unfortunately, there doesn't appear to be any magic pill for people who are chronically anxious. Successful treatments that rely on drugs have an extremely high incidence of relapse, and the side effects of most prescription anti-anxiety drugs are as debilitating as the disorder itself.

From the best-selling author of **The Anxiety and Phobia Workbook** and a naturopathic physician, this book helps you develop a treatment strategy for anxiety that is totally drug-free. The authors begin with an introduction to healthy lifestyle choices. Then they discuss a variety of conditions that can aggravate anxiety-related problems. They provide an overview of complimentary approaches to anxiety treatment using herbs and supplements, massage, chiropractic, and homeopathy. In later chapters, learn about controlling body toxicity.

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