



Eliminate Stress Anxiety

By Haytham Al Fiqi

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 154 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. We all have feelings of anxiety from time to time. But how can you tell if your anxiety is out of control? If you experience racing thoughts, rapid heartbeat, extreme difficulty resting or concentrating, you probably need to get help. If you do not like dealing with the side-effects of prescription drugs, an herbal remedy may be in order. You should know in advance, however, that some herbal remedies carry their own risks and lead to significant side-effects. The more you know about herbal remedies, the better consumer you'll be. Don't allow yourself to be a human guinea pig. Take herbal medication only after you have thoroughly studied its effects upon the human body. If you're considering biofeedback, you should ask your family physician for a referral to a biofeedback expert. You'll want to make sure that you are dealing with a trained professional. Keep an open mind during the treatment. If it makes you uncomfortable, you might be better off looking at other treatment options. While it first began in the 1960s, biofeedback remains an experimental technology. Therefore, don't...



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