

[HOW TO HELP ANXIETY NATURALLY](#)



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If symptoms of anxiety are interfering with your daily life, consider these trusted lifestyle changes that are proven natural cures for anxiety.

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Named after the Greek word for "honey bee," lemon balm (*Melissa officinalis*), has been used at least since the Middle Ages to reduce stress and anxiety, and help with sleep.

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How to Treat Anxiety Naturally Calm Clinic

The safest possible way to cure anxiety - and the most natural way to treat anxiety - is with some type of therapy or exercise that does not involve any type of herbal or medicinal treatment in any way. Keep that in mind as you consider alternative options to prescription anxiety medications.

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Once the buzz is over, however, anxiety may return with a vengeance. If you rely on alcohol to relieve anxiety instead of treating the root of the problem, you may develop alcohol dependence. 3.

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Dr Oz All Natural Cures for Anxiety Oprah com

Try an anti-anxiety elixir of 1 teaspoon lemon juice, 1 teaspoon ground ginger, and a half teaspoon of honey, taken 3 times per day. This traditional Indian remedy is thought to balance the body by increasing energy in the digestive system, thereby reducing excess energy in the mind.

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6 Cheap Natural and Quick Anxiety Remedies Everyday Health

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Researchers trying to help shy men with social anxiety found that a period of

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