

## [NATURAL REMEDIES TO HELP ANXIETY](#)



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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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### **8 Home Remedies for Anxiety HowStuffWorks**

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### **Natural Herbal Anxiety Remedies Calm Clinic**

Prescription anxiety medications dull anxiety and the brain too much, and make it much harder to learn to cope with stress, while herbal and natural remedies keep your mind intact for learning to control anxiety symptoms.

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### **Herbal treatment for anxiety Is it effective Mayo Clinic**

Remember, natural doesn't always mean safe. If you're considering taking any herbal supplement as a treatment for anxiety, talk to your doctor first, especially if you take other medications. The interaction of some herbal supplements and certain medications can cause serious side effects.

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### **7 Natural Remedies to Reduce Anxiety verywellhealth com**

Natural Remedies for Anxiety Although some research suggests that certain natural remedies may offer benefits,

it's important to talk with your doctor before using alternative medicine . Keep in mind that it should not be used as a substitute for standard care in the treatment of any health condition.

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### **These 43 Natural Remedies Will Help Beat Your Anxiety**

Anxiety is a consistent and pervasive problem that affects many people in this day and age. However, there are many remedies for anxiety that don t require you going to the doctor and getting dangerous prescription medication. Hopefully the information that we provided in this article is useful to you.

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### **Natural Remedies for Anxiety 10 Ideas Healthline**

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