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PHYSICAL SYMPTOMS

If you have any of these symptoms for longer and go seek help immediately. A professional can diagnose and treat your symptoms.

The National Institute of Mental Health offers an **Anti-Anxiety Remedy**. Proven natural remedy for immediate relief. Safe and non-addictive.

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Don't feel ashamed, many people experience these symptoms. Anxiety disorder and panic attacks are very common disorders. Your doctor will understand. Make a list of your symptoms to take with you to the doctor so that you don't forget any of them. Be sure to discuss your symptoms openly and freely with your doctor so you can get the help you deserve.

Many people with anxiety disorders do not seek treatment for their symptoms. They do not think their symptoms can be treated. In addition, they may fear what others might think of them if they seek treatment. As a result, many will suffer with an anxiety disorder, and the symptoms that come with it, when they don't have to. This can go untreated for long periods of time.

Often mistaken for serious physical problems, symptoms of a panic attack, or anxiety symptoms, are hard to accept for some. Effective treatment of anxiety disorders requires careful diagnosis and safe treatment. Relieving the symptoms of anxiety, panic disorder and/or phobias don't have to take years. Your health care provider can, with proven techniques, bring a change in a matter of weeks or less. Individuals with anxiety disorders get **significant** relief from their symptoms.

The American Psychiatric Association's criteria states that 4 or more of the following physical symptoms of anxiety must be intensely and suddenly present, and reach their peak within minutes for diagnosis of panic disorder/anxiety. Click on each of the anxiety symptoms

Anti-Anxiety Remedy

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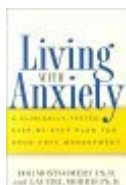


Anxiety? Panic Attacks?

**Deanne Repich
Challenges
the Myths
You've Been Told
and Gives You
Straight Talk about
Anxiety...**

[Click Here](#) to
see what she's
talking about.

NASHELL'S BOOK PICK



Living With
Anxiety:

According to recent studies, Anxiety is the single largest mental health problem in the United States.

even more information.

Anxiety Symptoms:

[Palpitations - Heart Beating Hard and/or Fast or Pounding](#) - Heartbeat sensations that in a regular or irregular pounding of the heart. It is a conscious, unpleasant awareness of own heartbeat, or a sensation of skipped or stopped beats. Palpitations can be felt in the chest, throat, or neck. Palpitations may be felt accompanying emotions such as excitement or fright. Everyone experiences palpitations at some time in life. Pounding of the heart, brought on by strenuous exercise or strong emotions, is rarely associated with serious disease. [Click here to read more about Palpitations.](#)

[Sweating - Perspiration](#) - In most cases, sweating is perfectly natural, especially when exercising, or hot, or if something has happened to cause an emotional response (being angry, embarrassed, nervous, afraid, or anxious). [Click here to read more about Sweating.](#)

[Trembling or Shaking](#) - Trembling or shaking can be associated with fatigue, stress, anger, or rage. However, a constant tremor that is not associated with altered emotion; states may be a sign of disease or an abnormal condition and should be evaluated. [Click here to read more about Trembling or Shaking.](#)

[Shortness of Breath - Breathlessness - Difficulty Breathing](#) - A sensation of difficult or uncomfortable breathing, or a feeling of not getting enough air. If the brain, muscles, or body organs do not receive enough oxygen, a sense of breathlessness may occur. Some emotional distress, such as anxiety, can lead to difficulty breathing. [Click here to read more about Shortness of Breath.](#)

[Difficulty Swallowing](#) - The sensation that food is stuck in the throat or upper abdomen. It may be felt high in the neck or lower down, behind the breastbone (sternum). Sometimes emotional distress, such as anxiety, can lead to difficulty swallowing. [Click here to read more about Difficulty Swallowing.](#)

[Sharp Pains in the Chest or Chest Discomfort](#) - Sometimes described as a heaviness, pressure, or discomfort in the chest. When faced with unexpected chest pain, it is normal for people to fear the worst because chest pain is a symptom to which many people think "attack." Nevertheless, chest pain can have many causes unrelated to the heart. Sometimes being caused by a panic-anxiety attack. [Click here to read more about Chest Pain.](#)

[Abdominal Pain - Stomach Pain](#) - Abdominal pain is a nonspecific symptom that may be associated with a multitude of conditions such as anxiety or strong emotions. Some symptoms do not occur within the abdomen itself, but cause abdominal discomfort. [Click here to read more about Abdominal - Stomach Pain.](#)

[Nausea and Vomiting](#) - Nausea and vomiting are controlled by the central nervous system. Nausea is controlled by a part of the nervous system that controls involuntary bodily functions. Vomiting is a reflex controlled by a vomiting center in the brain. Vomiting can be stimulated by various triggers, such as smell, taste, anxiety, pain, motion, changes in body temperature caused by inflammation, poor blood flow, or irritation. [Click here to read more about Nausea and Vomiting.](#)

Researchers have...Find out more

[Dizziness - Lightheadedness - Faintness](#) - Dizziness is a feeling of faintness or light-headedness, making it difficult to maintain balance while standing or sitting. A persistent light-headed feeling without other symptoms is often due to anxiety, rather than a brain tumor or other hidden disease. If it is severe, some anti-anxiety medications can help with light-headedness and dizziness.

[Click here to read more about Dizziness - Lightheadedness.](#)

[Hot or Cold Flashes](#) - A short lasting feeling of "warm or cool" sensations in the upper body. Sometimes emotional distress, such as anxiety, can lead to hot or cold flashes.

[Click here to read more about Hot or Cold Flashes.](#)

[Fears of Losing Control, Dying, or "Going Crazy"](#) -

[Click here to read more about Fears of Losing Control, Dying, or Going Crazy.](#)

The National Institute of Mental Health's toll-free information line is 1-888-ANXIETY

Prepare to be Shocked

Millions have already taken this amazing test. What's your RealAge?

Panic Attack Disorder

Quick & Effective Cure To Anxiety & Panic Attack Disorder. New Method

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