

Do Natural Anxiety Cures Really Work?

Anxiety cures can come as traditional medicine prescribed by a doctor. Or anxiety cures can take the form of natural supplements.

There are many companies that claim to have all sorts of natural herbal anxiety cures. While these anxiety cures might be effective for some people, anyone considering using them should know that some of these herbal or natural types of anxiety cures are unproven. In fact, a large percentage of these natural or herbal anxiety cures are not backed up with clinical studies.

When considering using natural anxiety cures, be sure to do your homework. Read all you can about what goes into the anxiety cure you're considering using. If there are any records of clinical studies on the anxiety cure, be sure to read those.

One natural anxiety cure that claims to be backed up with clinical medical data is Seredyn. Seredyn advertises itself as a natural anxiety cure that will help those suffering from anxiety deal with their worries and remain calm and happy.

The reason why Seredyn claims that it is a legitimate anxiety cure made from natural ingredients is because it contains the extract of herbs called Valerian and Passion Flower. Some studies show that these herbs have anti-anxiety properties.

According to these studies, if Valerian is taken in daily doses of 50 to 500 milligrams, it's been known to be an effective anxiety cure. And a few hundred milligrams of Passion Fruit extract a day is also a good anxiety cure that helps with relaxation.

Some say that Green Tea is also a good natural anxiety cure. It contains L-theanine, an amino acid that has anti-anxiety properties. For it to be as effective as possible as an anxiety cure, it should be taken in doses of 100 to 300 milligrams.

Be cautious, though. Some anxiety cures that claim to contain L-theanine only have a very low amount of the herb. In order to be effective as an anxiety cure, the treatment needs to have high percentages of pure L-theanine.

There are also various other types of herbal drops available that all claim that they are the perfect anxiety cures. They claim to relieve anxiety, stress, irritability, and nervous tension. Suggestions for dose size and frequency for these types of anxiety cures in the form of herbal drops varies. The most common dose suggestion is that a couple of drops be taken three times a day with a glass of water.

Some clinical trials suggest that the herb St. John's Wort (*Hypericum perforatum*) is a good natural anxiety cure because it relieves depression with fewer side effects than prescription drugs. But in order to be an effective anxiety cure, St. John's Wort must contain a high concentration of an active ingredient, hyperforin, which is said to regulate the chemical messengers that control the levels of norepinephrine, serotonin, and dopamine in the brain. These chemicals effect emotions.

Relaxation techniques can also be good anxiety cures. Listening to calming music, meditation, prayer, and getting enough sleep each night can be very effective anxiety cures.

Some forms of alternative medications and treatments can be considered anxiety cures as well. Acupuncture might work as an anxiety cure by directing your stresses elsewhere. Massage can be an effective anxiety cure because it helps your body relax and helps you deal with anxiety.

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About the Author

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