

Anxiety Is Real

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Although most of us successfully deal with the stress life throws at us, millions of people haven't been able to overcome life's barbs and become hopelessly overwhelmed. Unlike depression where we blame ourselves, or mania where we blame all others, in anxiety we haven't a clue who to blame and cannot grasp why things happen. It is like being at the beach, in the ocean and constantly trying to reach the shore while being knocked down by every wave that breaks. We will continue to be overwhelmed until we face the ocean, study the incoming waves, and determine how to change our fate. Although this is a simplistic explanation, clearly the solution to overcoming anxiety is not. Unfortunately, we can't just say face the world and change it, because our feelings are subconscious and we can't see the realities. We have to become healthy mentally, physically and spiritually.



Psychiatric drugs only mask the reasons for our anxiety and while on them we will never recognize the cause of our anxiety, making a cure impossible. A very temporary aid would employ the use of Kava-Kava, a safe and superior alternative to pharmaceuticals. It would be used only for dealing with anxiety attacks. A daily tonic would employ the use of herbs like chamomile, spearmint or my favorite Lemon balm. Another useful aid would be the aromatherapy use of lavender essential oil.

Self-medicating with alcohol, caffeine or sugar is self-destructive.

Walking barefoot in the grass each day will clear the mind, while the prudent use of full sunlight can bring a peace of mind that is conducive to sorting out the proverbial waves we mentioned in this article.

Finally, consuming a full spectrum of nutrients as found in fresh raw fruits, vegetables, nuts, seeds, sprouted legumes and grains is essential for mental clarity and overall health.

With this renewed health you will be better prepared to face the waves of life and determine your own fate, resulting in losing the unproductive anxiety.

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