

How to Easily & Quickly Calm Yourself During Anxiety Attacks

Tips for Home Remedies



Dr. Mary Starr Carter

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By

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Introduction

After a decade of consulting with hundreds of people about their healthy challenges one of the top health issues I hear about is Anxiety and Panic Attacks. These conditions affect both men and women but the majority of cases I am hearing about come from women over the age of 50. Why is this?

In my own life, I haven't been an anxious person, but I've been very aware of people who are. There is an energy you put out when you are anxious and if you are sensitive like me to other people's feelings you will very quickly pick up when someone is nervous around you. In fact it can be a very unsettling feeling and almost makes you nervous when you get around a person who is anxious.

There are well over a dozen medications for anxiety on the market but unfortunately all come with benign to harmful side effects. Although I have never been medicated for emotional issues I definitely have had my share. I used to be a person who just couldn't stop. At night my mind would race and race until the wee hours in the morning. I would worry about this or worry about that until about 13 years ago when I was introduced to my first natural form of health care that dramatically changed my life. In fact it changed my life so much that nothing in my life has been the same since. I am a new person. Relaxed, calm, and can sleep through the night even in very stressful times. Now I am going to share with you what I learned.

What is Anxiety?



Have you ever been anxious? Everyone has been anxious at some point in their life. Anxiety comes from worry, unease, and nervousness usually about something that is coming up or something that has an uncertain outcome.

Do you worry? I'm sure everybody would raise their hand at some point in their life when asked. Nervousness might also be another word for anxiousness.

Anxiety is more of a psychological and physiological state. At the Total Wellness Doc we believe in the three parts of wellness, that is, **Physical, Emotional and Spiritual health**. Anxiety actually affects the physiological and psychological state of our being. What does that mean?

Have you ever heard someone say, "I have a nervous stomach?" That means when they experience anxiety, they might get an upset stomach, rumbling in their belly or indigestion.

So it is their anxiousness that is actually affecting their physical health.

It can be a psychological stress created by fear, worry, uneasiness or dread. This is usually normal to most stress or stressors out there. But it can fall under abnormal or an anxiety disorder if it happens more frequently.

Anxiety again, is fear like, "I want to escape" or "I'm not comfortable here" or "I need to get away."

Some anxiety can cause the heart palpitate or at least feel like it. Anxiety can cause your blood pressure to go up. If you have ever had to give a speech or recital in front of many people you probably felt anxious and your heart was racing.

It can also cause muscle weakness and muscle tension. As a Chiropractor we see clients who hold their shoulders like earrings they are so high and tight from always being tense in the muscles many times because of anxiety. Anxiety can also cause fatigue, nausea, and chest pain, shortness of breath, stomach ache or even headaches...That's right anxiety can actually cause headaches!

So the body is prepared to deal with this threat, this environment, this stress, whatever it is, our bodies consider it a threat. Our blood pressure and heart rate will increase. Our body temperature will probably increase and blood flow to most major muscle groups will increase.

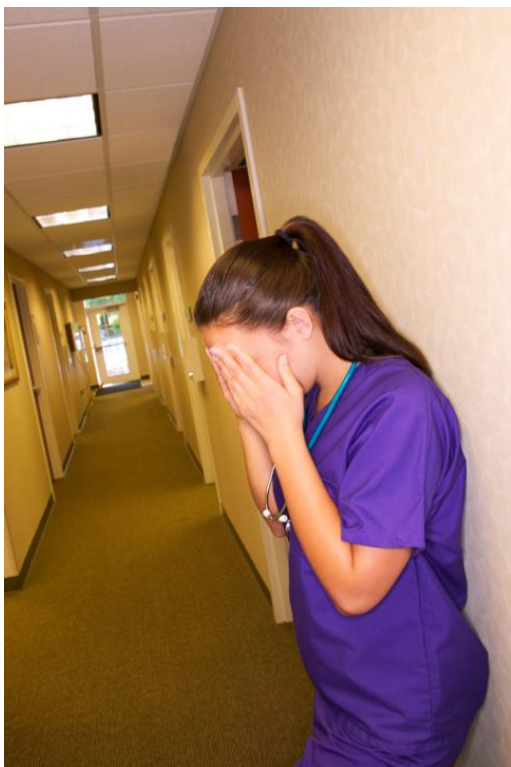
Have you heard of the fight or flight?

Our body has a system called the nervous system. In the nervous system, we have something called the sympathetic and parasympathetic

nervous system. The sympathetic is the **fight or flight**. The sympathetic nervous system helps us deal with threats but unfortunately in today's society and high stress lifestyles this sympathetic nervous system can be turned on all the time. The parasympathetic is when we are relaxing, sleeping and digesting our food. If the sympathetic is constantly turned on we will have challenges with digestion and sleeping. If you are a person who always eats on the run because of your high pace lifestyle..... It will be even worse for you eventually.

Any person who has had high stressors for more than 21 days sets up a sympathetic overload causing the sympathetic nervous system to keep running. This can set up all sorts of problems down the road. The longer the high stress the more difficult it becomes to recover from.

What are panic attacks?



Panic attacks aren't experienced by every person who has anxiety. But they are a common symptom. A panic attack can usually come without warning; although the fear is usually irrational meaning you can get a panic attack even if no danger has been felt. A person experiencing a panic attack will often feel that she is about to die or is going to pass out.

Some people experience a panic attack and don't even know it. Sufferers from panic attack will often record they feel like, "Oh my gosh, I'm going to pass out. I'm going to have a heart attack." They get flashing vision; feel faint, nauseated, numb sensations

throughout the body, heavy breathing and sometimes hyperventilation. They feel like they are going to lose control and even can get tunnel vision.

Most people with panic attacks will end up going to the hospital in the emergency room because they feel that they are having a heart attack.

(This ebook is not to diagnose and prescribe. I am not here to tell you not to go to the emergency room if you have any of those symptoms. Those are serious symptoms and should be examined by a professional medical provider immediately.)

Larry's Story

Let me tell you about my friend. We will call him Larry. He works a lot of hours. He will work maybe 50, sometimes 60 hours. He lives about an hour away from where he works. So he is traveling and in the winter time through the snow.

He drinks a lot of coffee, Red Bull or similar drinks. He doesn't get good sleep. Sometimes he will work at night shift have a few hours of sleep and then a day shift. He gets irregular sleep. One thing I notice about Larry is his color. He is very pale, kind of pasty and he is a young guy, not even 30.

He shared with us when he started having panic attacks. "I thought I was dying. I had to go to the hospital, I was passing out", stuff like that. The doctor diagnosed him with having panic attacks. They get worse during stressful periods in relationships and work.

Panic attacks and anxiety are very much related to your body's health.

Then Larry met a great girl and they started exercising together. Larry began to take good care of himself with better nutrition, exercise and sun and what happened **NO PANIC ATTACKS.**

But then they ended up having only one car. He was driving A LOT again, not getting a lot of sleep, drinking more coffee; his color went bad again and guess what? **The panic attacks came back.**

So, what I am trying to tell you with Larry's story? Panic attacks and anxiety are very much related to your body's health.

Maybe, that is similar to something you are going through. Maybe you have even noticed when you are very stressed, eating poorly, not exercising and not getting enough sleep you get panic attacks.

But remember the onset of shortness of breath, chest pain all of the symptoms of panic attacks can mimic like a heart attack. You still need to go to the emergency room if you are feeling that something is not right because you never know.

In fact they find that, 50 percent of people who have heart attacks have actually been tested negative on all their heart screenings within the past two years. It is important that you do get checked out.

What are the causes of panic attacks?

What predisposes someone to panic attacks? What are some of the causes of Panic Attacks?

Obviously, a major stress, something like **post-traumatic stress disorder**. People who have been in the Armed Forces or Vietnam Veterans, Korean War, people who have actually seen and experienced some awful things are much more predisposed to having panic attacks.

What is the reason?

People with **hypoglycemia, blood sugar regulation**.

Did you know that anxiety and your blood sugar go hand in hand?

Think about Larry. Larry was drinking Red Bull and not eating well. Having bagels and donuts and his blood sugar was going way high and way low, way high way low. It was totally out of control causing him to have more Panic Attacks.

Other Causes of Panic Attacks

Hyperthyroidism – another cause of Panic Attacks

Did you know that most people who have thyroid dysfunction, about 50 percent of them, have been tested and diagnosed as negative for thyroid dysfunction? Most basic thyroid panels are incorrect according to some of the top natural health medical experts like Dr. Mercola, Dr. Colbert and physicians at the Fibromyalgia and Fatigue Centers who have treated thousands of clients who were misdiagnosed.

In those who suffer with hyperthyroidism panic attacks are very, very, very common. For more information about Thyroid, go to our Class 5-20lbs guaranteed at <http://www.thetotalwellnessdoc.com/thyroid-dysfunction>

Other Conditions and predispose a person to Panic Attacks

Things that may mimic panic attacks or have higher incidence of panic attacks include **obsessive compulsive disorder, Wilson’s disease or someone with mitral valve prolapsed of the heart.**

Parasitic infection can actually cause psychiatric symptoms like panic attacks.

Caffeine, nicotine, any stimulant can actually cause panic attacks or make a person predisposed to panic attacks.

A person who is really in a very negative environment, they either have a lot of negative self-talk or they are not in a proper environment. ***Studies show that children raised by parents with psychological disorders are more apt to have this anxiety as well as panic attacks.***

Did you know that most people who have thyroid dysfunction, about 50 percent of them, have been tested and diagnosed as negative for thyroid dysfunction?

Certain medications like Ritalin and antibiotics, one of the side effects can be panic attacks. Some antibiotics can actually cause panic attacks.

Some prescribed drugs for panic attacks can actually cause panic attacks.

Also **some drug withdrawal can cause panic attacks** like SSRI'S Prozac, Sarafem and Wellbutrin.

Another story and more causes



Another story I want to tell you is about my friend we will call her Susie. Susie felt like she could never relax. About a year into our friendship, she found some things that helped her relax.

Certain breathing techniques that really helped her. I soon found that Susie was so anxious in environment when she was going to be around people.

If she was going camping, she would always have to take Xanax. I just thought, wow, that sounds crazy, but more and

more clients are having what we call **social anxiety disorder**. They have a lot of anxiety when they are going to be around a lot of people. Again, there are different things that can predispose, but one common thing with my clients who have **social anxiety disorder is they all are sugar addicts**.

It does not mean they are obese. In fact most of these clients, having a similar story are very thin, but they all have **sugar addictions**. They have to have chocolate every day. They love their baked goods, ice cream. They just love sugar and ***I think that hypoglycemia is really the cause of panic attacks***. *Remember when the body is nervous it can cause blood sugar swings which can cause neuro transmitters to go haywire too. In a person who already has hypoglycemia a little nervous can cause a full out attack.*

Plus years of sugar addiction can cause something that actually starts to destroy your thyroid. It is a **systemic yeast condition**.

What does that mean?

If she was going camping, she would always have to take Xanax.

I just thought, wow, that sounds crazy, but more and more clients are having what we call **social anxiety disorder**.

They have a lot of anxiety when they are going to be around a lot of people.

Good bacteria and yeast live all through your digestive system from your mouth all the way out to anus. When it becomes imbalanced, for example, you are on a round of antibiotics, where the antibiotics knock out all the good bacteria in your gut, and the yeast start to overgrow.

Yeast and anxiety and thyroid dysfunction are like a circle. They all lead to each other.

Antibiotics cause panic disorder because they get rid of the good bacteria and that totally dysfunctions the thyroid.

You will learn more about that in our online Class 5-20lbs guaranteed

<http://www.thetotalwellnessdoc.com/thyroid-dysfunction>.

If thyroid gets knocked out then of course we are going to have more anxiety and panic attacks.

Traditional Ways

So what will the traditional medical doctors do if you have anxiety panic disorders? Even mild anxiety? Hopefully the first thing they recommend is behavioral counseling, psychological counseling, which is a good idea, especially, if you have had some kind of stress, abuse, anything like that.

It is always good to find a counselor you can work with. I'm going to give you the name of the best counselor I have personally worked with and so do many of my clients. Her name is Dr. Lavonne Atnip. She does phone counseling with my clients from all over the world. You don't have to go to her office or home. It is very, very convenient. Visit her website under resources for information. www.thetotalwellnessdoc.com/resources



Sometimes doctors will recommend what are called SSRI's. It is a type of medication like Prozac, Zoloft and Paxil. Or they might recommend benzodiazepines like Xanax, Valium, Klonopin and Ativan.

Drugs like Xanax, Valium, Klonopin are used more as needed and some people are on them every day. Other drugs like SSRI's

are medications you take daily.

We remind you that this eBook is not to diagnose and prescribe, but if you are on one of these Prozac, Zoloft, Paxil, Wellbutrin, Effexor, Seraphim, any of those drugs, or any type of psychological drugs, **you cannot just pull yourself off of them without serious side effects. We don't recommend anyone just switch medications or switch to a natural method. Consult with your doctor before making any changes.**

Weaning off these medications over just a two week or even sometimes six week period of time can still have side effects that are horrific. Panic attacks, anxiety, depression are all side effects of coming off of these drugs too quickly.

We don't recommend anyone just switch medications or switch to a natural method. Consult with your doctor before making any changes.

If you go to the website, www.drugawareness.org, you will see a book there called *Prozac, Panacea or Pandora?* By Dr. Ann Blake Tracy. Dr Ann Blake Tracy is one of the four best speakers about how to get off of these medications very safely.

She also testifies in a lot of cases where there have been very had things happen when people have been on some of these medications.

Susan's Story

Taken from our Anxiety Panic Attack Lecture July 19, 2011
(Susan was a participant in the class)

My name is Susan. I've had panic disorder for 16 years and I've been on everything you have said. I'm titrating very, very, very slowly with the help of my doctor off of Xanax. I've been on Klonopin. I've been on every benzodiazepine that you listed. I've been on every SSRI. I'm titrating off of Cymbalta, which is an SSRI. I'm anti medication and I am finding that using Young Living Oils is really helping me.

I don't suggest you go this route. (drugs) It's been 16 years and eventually you have to replace one drug with another drug. The side effects are horrific. I had a propensity for genetic inheritance on both my mother's and father's side.

Note from Dr. Mary:

So in the natural healthcare world, what we have found is a very specific type of aromatherapy. That is not just aromatherapy but can actually be used internally as well. It is called Young Living Essential Oils. When you smell one of these nature based essential oils it goes directly to the emotional part of our brain called the limbic center and can actually affect the entire body.

These Young Living oils are very specifically made from plants that are cared for very well. The standard is organic standard. They are distilled in a way so that all the essence of that plant is there.

Susan continues...

My sponsor gave me RutaVala, (essential oil) which really calms me down. Stress Away (essential oil) really calms me down. I am on Omega 3 every day which I believe, 1,000 to 4000 mg which is according to my doctor, Omega Blue is the equivalent of a therapeutic dosage of Prozac.

So I am using that as I am titrating down off of Xanax slowly. I'm titrating down off of Cymbalta slowly. These Young Living Essential Oils as well as the nutritional supplements like Ningxia Red, RutaVala and Stress Away. I really haven't found an oil that doesn't help calm me down. I do use RutaVala every night and I found an amazing sense of peace and calmness and serenity. I have a great night's sleep.

Note from Dr. Mary:

RutaVala is a specific blend of Young Living Essential Oils that has been found to be one of the most effective oils for severe depression, anxiety and panic attacks.

RutaVala comes in both the oil and roll-on. Many people use it at night. Some people use it just any time they feel the stress. A lot of people who are coming back from overseas, the Armed Services, are having a lot of post-traumatic disorder. Some of them are using RutaVala and getting good results.

RutaVala is an absolute must if you suffer with panic disorder.

Susan continues...

I put RutaVala on my hands and I put water on my hands to concentrate it. Then I little bootie socks on my hands and I just take a deep breathe and I go to sleep.

I am calm, serene and it is all on my pillow, in my hair and it keeps the smell in. When I wake up, I feel a lot more energetic and relaxed. I can use it anytime of the day.

Note from Dr. Mary:

What water does with oil is it pushes it into the body more rather than wash it off. It makes it a little bit more intense. The other oil, **Stress Away** has beautiful vanilla lime smell. It is a beautiful blend. It comes in a roll-on. It is nice to put around the ears or to wear as cologne.

I put it on my son's clothes just to calm him down when he is a little bit too hyperactive.

You can put it on some tissues put them in a little baggie and then just open it up when you need it at work. Or step away to the bathroom and take some nice deep breaths, ten nice deep breaths just to calm down.

Breathing of course will help calm you down. Use it preventively if you are a person who is anxious and has panic disorder.

I put it on my son's clothes just to calm him down when he is a little bit too hyperactive.

Don't wait until you feel anxious. Use it in the morning. I have my client do aromatherapy ten times a day. Ten separate times a day, they will be doing the breathing exercise. It may not be ten breaths each, but they are specifically inhaling that baggie **or inhaling from the bottle ten times a day.**

Nutritional Supplements

I have a client; I will call her Penny 45 year's old smoker who worked in a bank. She was becoming very miserable, anxious and wasn't sleeping. She felt like she was going crazy. She said *"I don't know if it's my age or what's going on maybe menopause?"* She had been dealing with menopause.

I said *"Well, why don't you try this?"*

We put her on **NingXia Red** and she was doing higher doses in the beginning and then petered off as her body regained the nutrition it was missing. She was doing 4 to 6 ounces a day for about a month. Then slowed down to 1 or 2 ounces a day. She immediately felt a difference the first week she started.

She felt calm, relaxed and the people at work were noticing it and saying *"Penny is on her happy juice again!"*

NINGXIA RED



The juice is made of the NingXia wolfberries, blueberries, pomegranates, apricots, plus oils of lemon and orange.

Why is this juice so powerful?

The blueberries, apricots and pomegranates are very good. But it is the wolfberries that are a partial protein for balanced blood sugar. Wolfberries have 21 minerals and lots of vitamins. It is not a concentrate the wolfberries are pureed in the juice.

Penny began sleeping well again and was able to get off her sleep medicine.

How we can become nutritionally deficient from stress?

When a person first experiences long periods of stress. Many times this can happen as a child with stressors like divorce or even abuse. Those experiences start a process, and in that process we start becoming, our body naturally starts producing stress hormones. So the stress hormones after 21 days are locked in. Remember the sympathetic nervous system?

Now our body slowly starts to become deficient of B vitamins. Without B vitamins we can become very anxious, moody, depressed or worse. Even PMS can be magnified. Yet all this could have started way back when you first experienced long periods of stressors.

Without B vitamins we can become very anxious, moody, depressed or worse.

Adding B vitamins with **NingXia Red** is a natural digestible and very safe way to start rebuilding the bodies' nutrition. Starting with 4-6 oz for a minimum of 30 days and some people will need those high doses for 6 months who have had chronic nutrition deficiencies a years of toxicity from medications or drugs.

Remember Susie.... when she does high doses of NingXia Red she has very few panic attacks if any.

FISH OILS- OMEGA BLUES



Another supplement very beneficial for a mental wellness is **Omega Blue**. Omega Blue is precision fish oil. They are physically made with a very small fish that is very clean in how it is processed.

If you go to Rite-Aid or BJ's and you see the big bottle of fish oil, don't get it. It's not worth it because fish oils can become rancid very easily and if they are processed from the wrong type of fish you will get high levels of toxins in it.

Omega Blues are made in a way that gives the body GOOD FATS. In fact even my pediatric doctor told me to give a few drops of Omega Blues to my infant when he was less than 6 months old because he is not getting as much as the good fats as he needs in his diet. So we give him Omega Blues and we have really noticed a difference in his skin, health and development.

If you are undergoing a stressful period you should be taking at least four to six Omega Blues a day. If you are titrating, again, I can't diagnose and prescribe, but if it was me and I was titrating off medication with my doctor, I would probably take anywhere from 6 to 10 Omega Blues maybe even higher. Dr. Dan Purser recommends up to 15 capsules a day for emotional and hormonal health for a just for a short period of time.

MINERAL ESSENCE



Mineral essence is a product by Young Living Essential Oils that is a nutritional supplement that is full of minerals. They have found certain minerals like iron and iodine can directly affect our moods.

My good friend Crystal Parrott who worked with Dr. Gary Young at his Natural Health clinic says many times Dr. Gary just looked in someone's eyes and could see that they were deficient in minerals.

If you are:

- ↗ Stressed
- ↗ Work on computers all day long
- ↗ You have all that electromagnetic
- ↗ You fly a lot
- ↗ You just have a lot of radiation

You really need to have your minerals high!

- If you do a lot of sugar
- If you're one of those sugarholics
- Having coffee or your drink alcohol or wine every night

That's going to pull minerals out of your body so you really have to do mineral essence!

How much?

Probably most of us need at least three half-droppers a day, but people who are struggling anxiety need 10 half droppers a day. During holiday seasons when we are eating more sugar we need more minerals because sugar depletes our minerals.

During holiday seasons when we are eating more sugar we need more minerals because sugar depletes our minerals.

For your budget high stress = 2 bottles a month low stress = less than one bottle a month. It does make a difference in how you feel and how much energy you have.

For those of you who struggle with energy, mineral essence is a must, absolutely a must.

Here is a secret!

It doesn't taste so good at first especially if you are mineral deficient. But some people love it, but I didn't at first. So I'm going to recommend you put the mineral essence in your NingXia Red or diluted Pineapple Juice.

Chiropractic Care for Anxiety



I'm going to recommend chiropractic care. They have done research and studies with anxiety. Just one of these studies showed a group of people who suffered from anxiety. They separated them into three different groups.

One group got Chiropractic Care, another group got just some regular physical therapy, moving their joints and another group did nothing.

They found that people with the Chiropractic Care particularly receiving cervical adjustments had a much better outlook. Many people got out of their depression and they scored lower on anxiety tests.

I can tell you from personal experience that Chiropractic Care makes a difference. A cervical adjustment for me is like a happy pill. It naturally produces endorphins.

I really feel that it is very important for your spine to be in a good alignment because your spine and nervous system are your master system including your parasympathetic and sympathetic nervous system.

My belief is that those who get regular Chiropractic Care are healthier and happier. Get adjusted at least a few times a year if you are person under a lot of stress or have been through a lot of stress or trauma get adjusted every 6-8 weeks. If it is a fresh trauma or accident you may need to be adjusted several times a week for a while. This allows for re-programming of your nervous system.

... your spine and nervous system are your master system including your parasympathetic and sympathetic nervous system.

In addition Young Living's Valor oil is excellent for healing the body from trauma as well as an everyday nervous system balancing oil.

Not only is it beneficial for helping with anxiety and fear when inhaled and worn topically but even dogs who have fear issues benefit from this oil.

Power of Prayer and Essential Oils

The Bible references the anointing of essential oils for healing and blessing. These essential oils were not merely olive oil but specific oils like Frankincense, Myrrh, Sandalwood, Cinnamon and Cedarwood. Today science has proven all these oils are beneficial for both mental and physical healing.

I have been fortunate enough to witness some what I call miraculous healings take place with prayer, deliverance and the anointing of essential oils.

I can't say what is right for you but if I were trying

- ↻ To affect my emotional health to calm myself
- ↻ To get in a different place in my mind
- ↻ To actually change the DNA and programming
- ↻ To erase what we call that junk in the trunk

I definitely would be using Young Living Essential Oils like Valor, Harmony, Joy, Spruce, Trauma Life, Inner Child, Hope and Forgiveness. Most all these oils are blends with the Bible oils in them.

For more information about Young Living Essential Oils you can go to www.orderoils.com. Here you will find essential oils and you will find a kit called the Feelings Kit. It's a very powerful kit to use called the Feelings Kit with oils like Valor and Forgiveness, Present Time and Acceptance.

Why Essential Oils were Taken Out of Modern Medicine

About 50-60 years ago, essential oils were taken out of the pharmacies because antibiotics replaced most old time medicines and therapies. Oils like peppermint and wintergreen used to be in pharmacies. Many of our grandparents remember using them for different things like pain and stomachaches. They were so very powerful. Today some medications and over the counter medications have essential oil derivatives in them. For example Wintergreen was the basics of Cortisone, and Ben-Gay an ointment for pain has constituents of mint in it.

You know some other basic essential oils like Young Living **Lavender**? Young Living Lavender has been found through research by Wake Forest University to be more effective for sleeping and sleep disorders than you're over the counter and prescription medication. Lavender is in my healthy medicine cabinet. For more information about Sleep go to <http://www.thetotalwellnessdoc.com/sleep-well>

My friend Pat is able to keep his bi-polar and compulsive disorder at bay with any medication simply by inhaling **Spruce Oil**. When he feels stressed or is driving in heavy traffic he will inhale Spruce oil and put some on his neck.

If you get anxious in a certain situation all the time I recommend you apply and inhale Spruce oil before entering that situation.

Another Story from Susan

*I'm a hyper-responder to medication and my body is hyper-reactive to withdrawal. So my psychiatrist who is a dean at Georgetown University in Washington DC, which is almost where I live said in order not to do any **permanent neurological damage**, we have to take this as slowly as possible. So a year is the very bare minimum. That's how slowly we're taking it.*

Because I can go into seizures being on Cymbalta, if I come off of it too quickly... and benzos too.

Dr. Mary's note:

So many people don't realize that drugs like Ambien, if you are taking Ambien every day and all of a sudden stop it, it can be fatal. Medications are not to be taken lightly. You need to find good assistance like Susan to get off your medications properly. If you have had years of medication and a doctor says you can get off in a few weeks..... **FIND A NEW DOCTOR.....** Dr. Ann Blake Tracy states if a person has been on medications for over 2 years it could take up to a year to get off them without side effects.

Conclusion

In this ebook we have defined anxiety and panic disorder. We now understand why and how we can be pre-disposed to have anxiety or panic disorders through stress, post-traumatic stress disorder, certain diseases, nutritional deficiencies, and even drugs.

We learned about how some of the medications that individuals are put on like antibiotics, Prozac, Zoloft, Paxil and some of the benzodiazepines can actually cause some of the panic disorders especially while coming off of them.

Susan shared with us her 16 year struggle with anxiety and panic attacks and the awful circles she went in on medications. She also shared how important it is to come off medications very carefully with the help of your doctor.

We also learned more about how nutritional deficiencies, yeast, thyroid dysfunction can cause panic disorders. How B vitamins, minerals like iodine, iron and fish oils can help us prevent and reduce anxiety and panic attacks.

We talked about things we can do like chiropractic care have been proven effective in anxiety disorders.

We also talked about Aromatherapy, Young Living Essential Oils like RutaVala. RutaVala and Spruce are important oil if you are struggling with depression, anxiety and panic disorders. Plus Stress Away and Valor oils as preventative tools. You can look it up more about these oils at www.orderoils.com.

Finally, you know I love the oils but I always bring in prayer. Your spiritual health is so important and I have seen some people who can be so happy and they are feeling good about themselves. But they enter into

an environment where awful negative things are said about them, the negative energy and words, spiritual attack pulls them down.

The Bible says that the **tongue can give life or death**. I truly believe that. I've seen with my own eyes with my clients where they will go into an environment and be around someone who speaks negatively over them. They come out are just a different person. They were spiritually attacked. If you feel that is you contact Annette Landers of Mountain Moving Faith Ministries she specializes in assisting individuals in their healing especially those who are under spiritual attack. (For more information visit our Resources page)

So now what is your next step....? For those who need to start slow pick one suggestion from this book and start tomorrow. For those who are ready to change their lives contact your support system, physician, and get the tools set up so you can change your situation over the next 6-24 months.

We are here to support you in whatever you need.

Remember this information is not to prescribe or diagnose. But to give you choices, to give you alternative to what you might do and to help you find the information to get better. We believe that wellness is truly your physical, emotional and spiritual health. Thank you.

To your total wellness,

Dr. Mary Starr Carter

www.thetotalwellnessdoc.com

Resources

For more information on Young Living Essential Oils and Nutritional Supplements, please go to www.orderoils.com

Each Tuesday Evening, we have a one hour Free Wellness Coaching Call at 9 pm Eastern Time. Get access to the free coaching today at <http://www.thetotalwellnessdoc.com/wellnesstuesdays>