

● Natural Health

# Natural cures for anxiety!

**So stressed at times you're tempted to try a tranquilizer? There's a better choice! All-natural herbs are proven to work just as well as anti-anxiety drugs—without unwanted side effects. To feel calmer . . .**

## 1 Conquer day-to-day anxiety

**with ashwaganda!**

Life's little stressors quickly add up, but this Indian herb can help, suggests a study. "Ashwaganda is believed to make the calming brain chemical GABA work more effectively," explains Chad Krier, N.D., director of The Olive W. Garvey Center for Healing Arts in Wichita, Kansas.

**Calming dose:** up to 200 mg. three times a day.

● **Important:**

Check with a doctor before taking any new supplement.

## 2 Prevent panic attacks

**with inositol!**

This B vitamin is just as effective at reducing feelings of panic as the anti-anxiety drug fluvoxamine, one report shows. Researchers say that inositol works by regulating levels of the feel-good chemical serotonin within nerve cells.

**Calming dose:** Start with 500 mg. daily.

## 3 Slash stress hormones

**with shankpushpi!**

This white-flowered plant has been used by herbalists for centuries to quiet symptoms of anxiety—such as heart palpitations and nervousness—increasing relaxation and improving mood. Shankpushpi

lowers levels of the stress hormone cortisol, which increases blood pressure and blood sugar levels, causing anxiety, research shows.

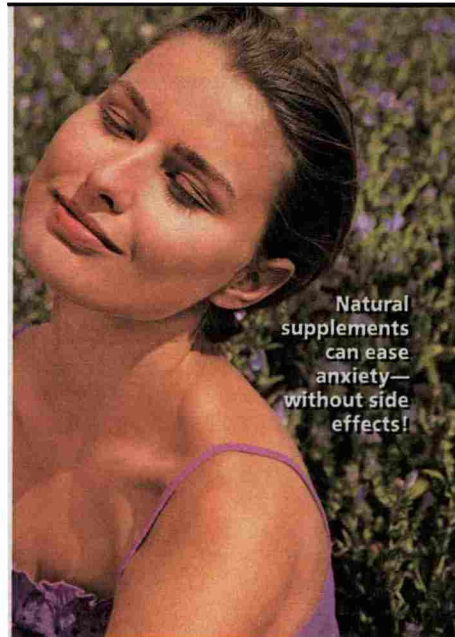
**Calming dose:** 275 mg. daily.

## 4 Tame tension

**with St.-John's-wort!**

Well-known for its ability to fend off mild depression, this medicinal plant also acts as a tranquilizer, ending the jitters without any risk of addiction! Researchers theorize that the active compounds in St.-John's-wort boost levels of relaxing brain chemicals, including serotonin, and may even regulate genes that control mood and stress.

**Calming dose:** 300 mg. daily.



Natural supplements can ease anxiety—without side effects!

## 5 De-frazzle at work

**with passionflower!**

Stressed employees who took a passionflower supplement for a month in one study experienced a decrease in anxiety that rivaled the effects of the anti-anxiety medication oxazepam. "It contains a plant compound, chrysin, that soothes your nervous system," says Krier.

**Calming dose:** up to 300 mg. daily.



### Wildflower power in a bottle

Folks suffering from intense stress who took one dose of **Rescue Remedy**—a natural extract made from wildflowers—felt less anxious than placebo takers, a study found.

—Gabrielle Lichterman

**Need fast relief?**  
Open a 750-mg. capsule of GABA, stir into water and drink. "This amino acid helps calm the part of the brain that governs emotions," says Krier.

