

Natural anxiety cures could have saved Heath Ledger?

Unless you live under a rock you have probably heard about the tragic death of the actor Heath Ledger. Heath Ledger died as a direct result of a cocktail of anti-anxiety medications that are prescribed daily to millions of patients around the world. Could natural anxiety treatments have prevented his death? We might never know. But we can learn some important things from his tragic death.

Anxiety is your body's natural reaction to perceived threat. Suffering from chronic anxiety can take its toll on your sanity. The good news is that anxiety is 100% treatable; the bad news is that many of you spend great amounts of money experimenting with the many anxiety treatments on the market today.

For many sufferers, traditional anxiety medications spell the beginning of a long dance with different dosages, addictions and many unpleasant and dangerous side effects.

You don't have to rely on potentially unsafe combinations of medications to heal your anxiety. There are plenty of natural treatments for anxiety.

For self-help junkies, there is a wide variety of resources available to help you through anxious times. The internet has a plethora of information available, often the first step to helping yourself out of your anxiety is to learn more about what causes it, and arm yourself with knowledge about treatment options. Many anxiety sufferers have found great comfort in online forums. For those suffering from anxiety related disorders it is a godsend to know that there are many millions of people suffering the same as you.

Internet-based therapy courses offer the anxiety suffer immediate and long term relief from their anxiety. In fact, a study published in the British Journal of Psychiatry found that online therapy courses are effective in lowering anxiety immediately and keeping it low long term. They suggest that internet-based therapy could, or should, replace conventional medical treatment methods. So, the good news here is.... They work! and it doesn't take months or even weeks, you can gain immediate relief from your anxiety in the comfort of your own home and without ingesting toxic drugs.

Herbal treatments are gaining popularity. The following herbs are popular choices for easing anxiety symptoms: Passionflower, Chamomile, Basil, skullcap and the most well known St. John's Wort. There are many more herbs that can help ease anxiety naturally. Remember to research any side-effects of these herbs as some of them do not mix well with anti-anxiety medications.

Changes in diet are another way that anxiety sufferers are easing their symptoms. Many sufferers have found relief through adding extra B-vitamins to your diet, either through extra leafy green vegetables, nuts, fish and whole grain cereals, or a quality b-vitamin supplement.

For Heath Ledger and all those who loved him, the tragic consequences of traditional anti-anxiety medications are well understood. The wrong medications in the wrong combination can be fatal. Rather opt for a natural approach to treatment and get your life back!

For more information on how to cure your anxiety click on the links below.

About the Author

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<http://natural-anxiety-cures.com/more>

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