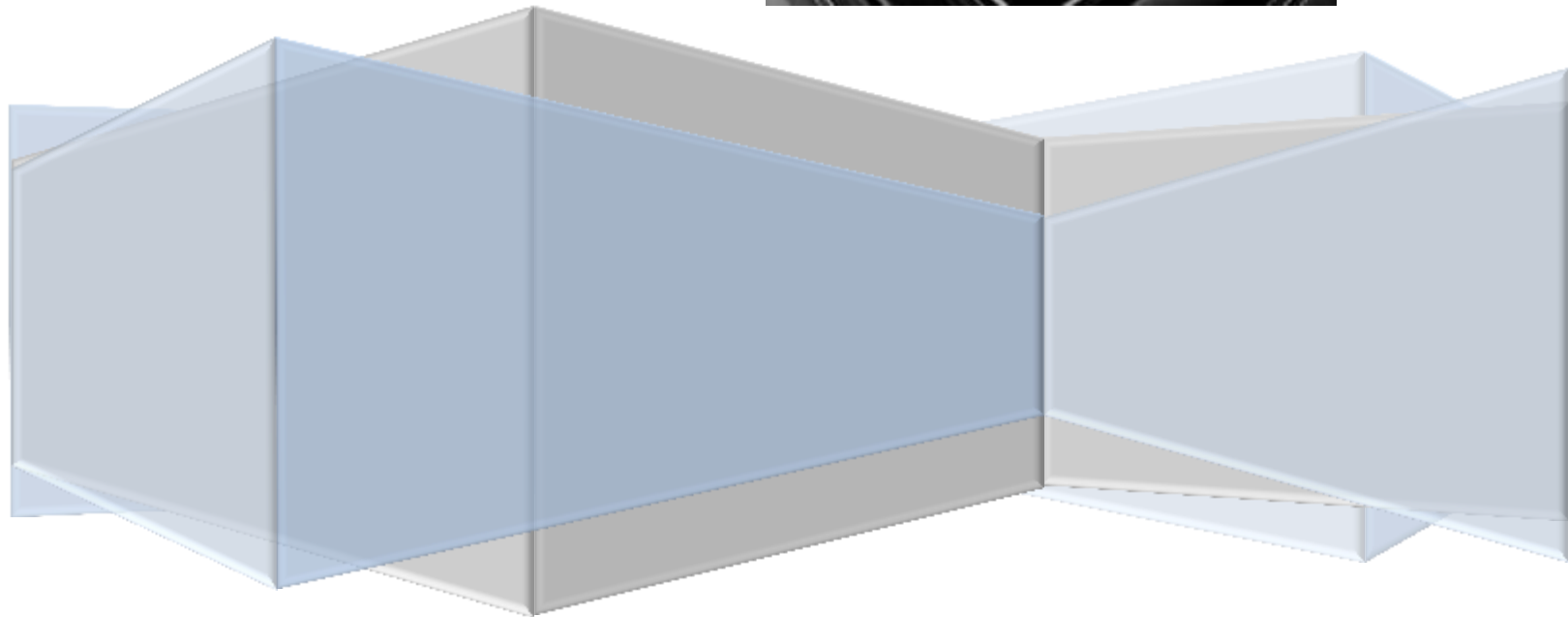


# The Good Guy's Gambit

*Winning the Battle Against Depression  
the Natural Way*



# INTRODUCTION

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There are moments in everyone's life when it seems nothing is going right. Your outlook on life, and your general disposition, will often dictate how you handle these situations. While some people stand up and fight their way through any problem, there are others who can't handle the mounting pressures and disappointments. In the end, depression and anxiety take over, leaving them feeling helpless and despondent.

This short report takes you to a journey of healing – from the battle against anxiety and depression up to the triumph of overcoming depression.



# THE OPPONENT

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Anxiety and panic attack can occur at a moment's notice even when you have never experienced the symptoms before. Some people may find



themselves in the midst of an attack as their very first indication that there is a problem. Sometimes the anxiety and panic attack reoccurs and other times it simply vanishes ever to return.

The symptoms of these kinds of episodes are quite difficult to pinpoint. You may think that you are having a type of anxiety and panic attack when you are simply experiencing a great deal of stress. Stress can have profound ramifications on a person's body. The powerful state can lead to emotional and physical symptoms.

These emotional and physical symptoms often mimic the ones found in anxiety and panic attacks. You may find yourself short of breath. Some people complain that they feel as if they can't breathe when they

are experiencing an anxiety and panic attack. The inability to breathe freely adds to the stress which leads to progressively greater symptoms in turn.

A common feeling among those who have experienced such episodes includes pains in the chest area. In fact, many people suffering an anxiety and panic attack often think that they are experiencing a heart attack. The common complaint is tightness and pain in the chest which leads to the obvious worry of heart failure.



Another common complaint shared by many people who have had an anxiety and panic attack is an overwhelming feeling of dread. Many of these individuals have the inescapable feeling that something horrible is going to happen. This occurrence is completely out of their control and it is very frightening.

The feeling of dread, chest pains and shortness of breath make this kind of episode very scary for anyone who experiences it. Anxiety and panic attack is quite terrifying for these individuals and the symptoms

feed into the fear making the whole experience awful. The very symptoms can cause the attack to worsen.



Many people become so stressed during situations that mimic the ones that they were involved in during their last anxiety and panic attack that they throw themselves into a similar state, leading to another episode. For example, if someone has an episode in a crowded store, she may be more likely to have another anxiety and

panic attack in a similar atmosphere.

Some people luckily never experience anxiety and panic attack. Others have a single episode during a time of great stress and other less fortunate individuals face these attacks on a weekly, even daily basis.

# THE OPPONENT'S PLOY

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If you are unable to work, think or play then the anxiety has gotten out of control. You may notice the symptoms interfering with your social life. You may not

be able to interact with others as you previously did.

Work may also be adversely affected because of the stress and self-consciousness associated with the disorder. You may find yourself distracted and unable to complete tasks. This is a tell-tale sign that you should seek help from a doctor who can suggest anxiety treatments for you to consider.

This disorder can be accompanied by depression as well. If you are feeling depressed or if you are having trouble finding joy and interest in things that you previously loved to do, then it is time to consult your physician about possible anxiety treatments in addition to depression treatments.

Some physical manifestations accompany the stress-related disorder. You should talk to your doctor if you feel chest pains at any time. You may feel heart palpitations and shortness of breath during a panic attack associated with the condition. Some complain of dizziness and weakness as well. Any of these symptoms should not be taken lightly.



# THE GOOD GUY'S GAMBIT

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The spectrum of anxiety disorders includes panic attacks, agoraphobia, generalized and social anxiety as well as post-traumatic stress disorder. This spectrum of disorders is linked to heredity and environmental factors.

Traditionally, these disorders were treated with prescription medication and cognitive therapy. However, the disagreeable side effects of medication and the expense and time required to engage in cognitive therapy has many patients seeking natural approaches to treating their disorder. Anxiety supplements are growing in popularity across the board.

The first step should be to consult your physician. Anxiety supplements are useful, but many symptoms of the mental health disorder resemble physical diseases like hormone imbalance, hyperthyroidism or cardiac arrhythmias. These are serious physical



conditions that require immediate medical attention and cannot be treated with anxiety supplements. After consulting with your doctor and determine that your condition is mental and not physical, there are a number of options.



If you think that you need medical attention, you probably do. This is a sure sign that the symptoms and the stress are weighing you down too much. When in doubt, check it out with a doctor. He will have suggestions on which anxiety treatments will suit you best.

There are quite a few medications you can get from your doctor that may help you lighten your mood, and feel more positive about life in general. These pills are often taken daily, and work quite well for some people. It may take a few weeks before you feel the effects of the pill, but you may soon notice your outlook on life has changed somewhat, and you begin to deal with depression and anxiety in a more positive manner.



Many people are at a loss when it comes to deciding whether or not to seek anxiety treatments. Sometimes it is difficult to distinguish between passing stress and a real disorder. There are a few things that you can try at home to relieve the symptoms of anxiety. There are a few signs that should point you into the direction of your doctor's office as well.

# THE SECRET STRATEGY

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The anxiety treatments are directly related to the cause. Sometime there is a physical cause behind the symptoms that needs to be addressed immediately. Other times, the condition can be treated with medication or the condition may be treated without medication. Some people prefer to try home anxiety treatments as well.



If you are not fond of the idea of taking prescription medications, anxiety supplements can be beneficial for you. The supplements have fewer side effects and they are much less daunting and less expensive.

You can also try natural remedies for depression and anxiety, but you should remember to talk to your doctor before taking any herb or other natural remedy. These are quite often safe, but if you are taking other medications, there is a chance they may interact and cause you harm. Even the most harmless herbs may have serious complications if mixed with other medications.

One of the most popular anxiety supplements is Chamomile tea. This calming agent can be taken in the traditional way, through drinking the tea or you can opt to take Chamomile capsules.



Damiana is another anxiety supplement that has a calming effect and has been used to treat mild cases of depression as well. The herb is also used as a way to relax muscles and sedation. People with significant anxiety may benefit from taking capsules twice a day to elevate the symptoms naturally. However, Damiana should never be taken when pregnant. This supplement is very dangerous to a developing fetus.

Valerian root has been used for centuries to help people battle insomnia and other sleep problems. This herb is an excellent anxiety



supplement. Some researchers compare the effects on the brain to be similar to Prozac without the severe side effects the antidepressant can cause. This anxiety supplement may also be used to reduce stress because it has a calming effect on the brain. Valerian was commonly used by the Greeks and Romans to treat sleep disorders naturally.

There are a number of other anxiety supplements available to help you treat your condition naturally. While prescription medication and cognitive therapy may have negative elements, it is always wise to consult your physician to determine what is causing your anxiety. It is essential that you rule out physical causes for the symptoms.

Diet and exercise are also great remedies for depression and anxiety for some people. It's not a cure-all for deepening sadness, but it can help boost your mood, and improve your overall health. Exercise releases endorphins. This is your body's natural way of making you feel

good. Eating better foods in your diet may also make you feel more energetic, and you may find yourself better able to deal with life's worries.

## THE VERDICT

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Depression and anxiety are often internal as well as external. You aren't necessarily a weak person if you are prone to either one, and you may just need some extra support. There is nothing wrong with this, and most people need a hand on occasion. You learn coping skills from your parents as you grow from a young child to an adult, and if they were prone to depression and anxiety, it may be something you learned.

As with any disorder or affliction that is consistently plaguing you, your best efforts should include educating yourself on the causes and effects, consulting medical health and/or therapeutic professional (depending on physical or mental origins of the anxiety) guidance, and

relevant and appropriate treatment—be that treatment in the form of pills or paper bags.

Never be afraid to seek help if your depression and anxiety seem to be getting the best of you. It doesn't make you a weak or worthless person, it just means that you are overwhelmed and



don't know how to cope. You may be surprised how fast a qualified professional can help lift your depression and anxiety to tolerable levels. They can also teach you coping skill for the future.

*For more information on*  
**[treating anxiety using herbal remedies](http://herbalremedyforanxiety.org/)**,  
*please visit*  
**<http://herbalremedyforanxiety.org/>**