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# **Natural Alternative Anxiety And Panic Attacks Cure**

Two common natural alternatives that people use as an anxiety and [Panic Attacks Cure](#) are essential oils and herbal remedies. People may choose natural alternatives since there can be risks involved in taking anti-anxiety medication. Anxiety medication can be addictive, especially through long term use and have possible side effects. Herbal remedies and aromatherapy carry none of these risks which make them more attractive. Here we take a brief look at these two alternatives to treat anxiety.

Herbal remedies; St John's wort, is fast becoming a popular herbal remedy. This herb is prescribed by doctors in European countries to remedy anxiety disorders including GAD and [social anxiety](#). The active ingredient it contains is Hypericin, which helps alleviate depression and anxiety. The use of St John's wort in Germany has been extensive as an anxiety and panic attacks cure.

In trials, St John's wort has proven to be more effective than a placebo. This herbal remedy is available at health stores or pharmacies and can be purchased in a capsule form without a prescription. If you are taking other medication, ensure that you check with your doctor first before taking St John's wort. Interactions with prescription medication is possible.

Frequent worrying and apprehension can fuel stress and anxiety and trigger attacks. Mental health experts recommend a good dose of relaxation daily to relieve stress and rest. With use dating back centuries, Standardized Valerian extract is a non-addictive remedy which has a tranquilizing affect. It is available at most pharmaceuticals and is a common natural remedy to aid sleep but it also helpful at easing nerves and calming the mind.

Kava, Lemon balm and Hops, are also soothing herbs which can help to reduce stress and muscle tension. Many of the herbal remedies mentioned can be taken as teas or as capsules. Follow the instructions carefully when using a natural [Panic attack remedy](#). Although natural remedies are non-addictive and safer than prescription anxiety medication, they should not be abused.

Another natural alternative to remedy anxiety is the use of essential oils in aromatherapy. The practice of blending essential oils dates back hundreds of years. Breathing in aromas released from essential oils can trigger the production of feel good chemicals promoting relaxation. These exact same chemicals are found when we experience happy and pleasurable moments such as laughter and sex.

Our mood, behaviors, concentration and even our immune system is affected by stress and tiredness. There are various essential oils that used especially for relaxation. Relaxation can help reduce the production of stress hormones that are harmful to the body. Relaxing activities can promote good mood and a relaxed disposition which can also help us to sleep better. Proper sleep helps rejuvenate bodily functions and gives us more energy to tackle what the day throws at us.

Commonly used essential oils for relaxation are; lavender, ylang-ylang and bergamot. Essential oils can be used in several ways, such as vaporization and massage. Try adding a few drops in your bath to help ease away tension. Aromatherapy can work as an effective natural panic attacks cure. You can also enjoy the calming effects of herbal teas such as peppermint, chamomile and passionflower.

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