

Published based on [Panic Attacks Treatment Without Drugs](#)

Panic Attacks Treatment Without Drugs

With various [Panic attacks treatment](#) to choose from, making the right choice can be tricky. Doctors have an arsenal of anti-anxiety medications to choose from to treat their patients. Common anti-anxiety medications include Paxil, Zoloft, Xanax and Klonopin. Although they are often prescribed as anti-anxiety, these medicines are also used to treat depression. These medicines usually fall under two classes; benzodiazepines and tricyclic antidepressants.

Anxiety medicine works by balancing chemicals in the brain or central nervous system. Prescription medication does not treat the underlying problem, although it can relieve symptoms of anxiety. In most cases sufferers find their anxiety symptoms returning as soon as they stop taking medication. Inner fears and phobias are frequent causes of panic attacks. Breaking free from negative beliefs and behaviors requires time.

Someone who suffers from social anxiety disorder is likely to have had it since childhood. Years of negative social experiences have reinforced their natural response to panic in front of people. Reconditioning thoughts and behaviors that have taken years to develop need to be treated with psychotherapy. Medication isn't enough to beat social anxiety for a sufferer.

Medication isn't designed for long term use, even though many sufferers become chronic users. Long term use can guarantee two things; dependency and tolerance. People taking anxiety medication should realize the risks and dangers involved. Most drugs are addictive and anyone can become addicted to anti-anxiety medication with prolonged use. Even for non-addictive drugs, patients can become mentally dependent and start believing that they need it.

Gradually medication loses its effectiveness and many sufferers find them hopping from one medication to the next or even increasing dosage. This increases the risk of taking medication. This is not to say there aren't some uses of medication. Therapists often use medication as an addition to therapy such as CBT. Although medication is optional, for severe anxiety sufferers it can help them get recover more quickly.

Another alternative to prescription medication include herbal remedies such as St John's worts and valerian. These two calming remedies can soothe away tension and anxiety. It's not uncommon for doctors to prescribe St John's worts for anxiety and depression. Both of these herbal remedies can be picked up at health stores. They may ease symptoms, but again as with medication, herbal remedies shouldn't be relied panic attacks treatment.

Currently, behavioral therapy is by far the most successful [Panic attacks help](#). Medical professionals in the field of mental health know that the only way to overcome anxiety is through behavioral treatment. Negative habits and thoughts are the most common causes for panic attacks. By changing our patterns of thought and confronting fears and phobias we can overcome anxiety. Just like a PC the mind can be programmed and reprogrammed.

When we are confronted with a fear, it's the subconscious that triggers panic attacks. Through repetition and practice we can change these subconscious reactions and create new behaviors and habits. It's the same as driving, reading and riding a bike; with practice the once conscious effort becomes second nature. Years of poor conditioning can be reconditioned positively in much less time with therapy. Click on the link for more information on curing [Panic attacks](#) with therapy.

[Get The Answers Your Looking For: Panic Attacks](#) from [Nathan Tyler](#) on [Vimeo](#).

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