



Put Anxiety Behind You: The Complete Drug-Free Program

Peter Bongiorno ND Lac

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You Don't Have to Feel This Way

"You are not alone, and you're not saddled with anxiety--or the medications to treat it--forever. I'm going to outline a clear plan and give you clear steps to help you face your anxiety from every angle, in synergy, to truly get to the calm and healing you need and deserve. These tools work." -from the introduction

Naturopathic doctor and licensed acupuncturist Peter Bongiorno has been researching natural approaches to anxiety for over 20 years and treating patients for a dozen. (His interest was professional, of course, but also partly personal; he had his own history with debilitating anxiety.) Here he offers his holistic approach to healing anxiety and avoiding relapse, with a toolkit that includes foods and plant-based medicines, plus anxiety-reducing yoga poses, massage techniques, and acupressure points you can try on your own for lasting relief.

Bongiorno also tackles how to safely wean from anti-anxiety medication and how to supplement conventional medications with herbs and other remedies to increase their efficacy and reduce side effects.

If you are one of the 40 million Americans with panic attacks, phobias, or other anxiety-related issues limiting your life, or are in close relationship with someone who is, this book will be a lifeline.

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Susan Bannister:

A lot of people always spent their very own free time to vacation or maybe go to the outside with them family or their friend. Are you aware? Many a lot of people spent that they free time just watching TV, or even playing video games all day long. If you want to try to find a new activity that is look different you can read some sort of book. It is really fun for you. If you enjoy the book that you read you can spent the entire day to reading a publication. The book Put Anxiety Behind You: The Complete Drug-Free Program it is very good to read. There are a lot of people who recommended this book. They were enjoying reading this book. In the event you did not have enough space to deliver this book you can buy the actual e-book. You can m0ore very easily to read this book from your smart phone. The price is not to cover but this book features high quality.

Cassandra Harvey:

Playing with family in the park, coming to see the water world or hanging out with good friends is thing that usually you may have done when you have spare time, after that why you don't try thing that really opposite from that. One particular activity that make you not sense tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of information. Even you love Put Anxiety Behind You: The Complete Drug-Free Program, you are able to enjoy both. It is very good combination right, you still would

like to miss it? What kind of hang type is it? Oh occur its mind hangout folks. What? Still don't obtain it, oh come on its known as reading friends.

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