Live Without Anxiety!

Everyone has a little anxiety now and then—when you start a new job, or when your taxes are due. But for some people, anxiety can be overwhelming. For them, anxiety depletes their energy and destroys their self-confidence. Their waking moments are clouded by a sense of impending disaster, or outright fear—without any obvious cause. Has it happened to you? If so, then you are likely dealing with the joy-sapping effects of anxiety.

In this "Terry Talks Nutrition®" newsletter, I want to tell you about an unexpected way you can reduce anxiety and the host of symptoms that go with it. I'll get to that in just a moment. But first, let's take a look at some basic facts and symptoms of anxiety.

Anxiety is Common – Healthy Solutions Aren't

I think most people can remember at least a few times when they’ve been anxious. Maybe it was right before you gave a presentation at work, or the day you met your soon-to-be spouse at the altar. That anxiety is normal and expected. In fact, it can actually help us by making sure we give important events the attention they need. For some, anxiety is just an occasional problem, cropping up during rush deadlines or family events, but for many, anxiety is a crushing weight they experience every day that can make it difficult to function. In fact, approximately 40 million Americans age 18 and older have some form of anxiety disorder.

Anxiety affects everything we do. It makes us feel overwhelmed, destroys our ability to rest and sleep, harms our immunity, and stops us from experiencing joy. Unfortunately, prescription drugs for anxiety often cause serious side effects. But there’s a better solution.

A specialized, clinically tested botanical calms the nervousness and fears that take a toll on your mental and physical health. It also matches the symptom relief of prescription anti-anxiety medications, but without serious side effects. With this unique extract, you will:

• Reduce or eliminate anxiety
• Calm persistent worrying
• Eliminate unrealistic fears
• Reduce physical symptoms associated with stress
• Sleep better at night
• Feel more comfortable in social situations
• Meet challenges and daily obstacles with confidence

HERE IS MY SUGGESTION:

For relief of anxiety:
Adults: I suggest 20-40 mg of Echinacea angustifolia twice a day. You may also take at bedtime to help with sleep.
Children (4-12 years old): I suggest 20 mg of Echinacea angustifolia twice a day.

Statistics from Anxiety and Depression Association of America:
Conventional drugs to treat anxiety are almost as well known for their side effects as for their degree of relief. In fact, a team of researchers from France and Canada linked use of benzodiazepines, a common class of prescription medications used for treating anxiety, to an increased risk of being diagnosed with Alzheimer’s disease. Familiar benzodiazepines include the brand names Valium, Xanax, Librium, and Ativan. The study reported that taking a benzodiazepine for 3 to 6 months raised the risk of developing Alzheimer’s by 32%, and taking it for more than 6 months boosted the risk by 84%.

And while there are many botanicals for anxiety that are useful in varying degrees (valerian, alpha-linolenic acid, flaxseed, lavender, and gotu kola), some people may experience side effects from them, and they may also interact with certain medications. Plus, it can take a long time for some botanicals to provide relief. Thankfully, those aren’t the only options. There is another clinically tested, but unexpected herbal ingredient for anxiety: echinacea.

Now you may be saying to yourself, “Come on, echinacea? I thought it was for my immune system. How can echinacea calm my fears and reduce my anxiety?” I was skeptical myself, at first. Not anymore.

A Secret in Echinacea

The echinacea extract I recommend to relieve anxiety, stress, and feelings of being overwhelmed is not the same one you’d use when you have a cold or the flu. It’s a different, specialized root extract of Echinacea angustifolia, especially studied for anxiety relief.

This specialized root extract of Echinacea angustifolia contains echinacoside and features a unique alkamide profile. These compounds have been shown in studies to have calming, relaxing effects in the brain, similar to Valium or Librium, but without the sedation and side effects. You can’t use just any form of echinacea and expect the same results.

So, how is it that Echinacea angustifolia can be used for both colds and flu and generalized anxiety disorder? While they are the same species, the phytochemical composition of the plant is entirely different.

Let me give you an example. You and I are the same species, Homo sapien, yet we are entirely different. We don’t look alike, we don’t function alike, and we have different fingerprints, different DNA, and different genes. Much of these differences are driven by the environment. Humans adapt to any given environment.

Plant species are exactly the same. Any given plant grown in an entirely different environment takes on a different set of phytochemicals. The species is the same; the chemical composition is different. These changes are brought about by the composition of the soil, what’s in the air, the amount of moisture, too much or too little, or whether the plant is grown in the sun or if it is grown in the shade. The chemical composition can also be influenced by the day and even the hour of harvesting, and the extraction process used.

Researchers at the Hungarian Academy of Sciences in Budapest studied different species of echinacea. One type of Echinacea angustifolia had a different set of fingerprints, DNA and chemical composition than other Echinacea angustifolia plants that are studied for the immune system.

While analyzing the plant, researchers found that it contained compounds (echinacoside and alkamides) that could influence brain chemistry, including the cannabinoid receptors. Endocannabinoid receptors influence the way the brain experiences anxiety and have become a focus of behavioral research in their own right.

After comparing all the echinacea species, only one—Echinacea angustifolia—provided the levels of anxiety-reducing compounds needed to produce dramatic results.

In further study, seven types of echinacea extracts were compared to the prescription anti-anxiety drug, chlordiazepoxide (also known by the brand name Librium). Only one echinacea preparation demonstrated a robust ability to reduce anxiety in a wide dosage range comparable to the prescription drug—the unique Echinacea angustifolia extract. That’s the one I recommend.

This special echinacea root extract not only met the drug’s anti-anxiety effects, it exceeded them. It also didn’t cause any drowsiness—a common side effect of prescription drugs for anxiety. Aside from drowsiness and lethargy, the other adverse effects for chlordiazepoxide include confusion, edema, nausea, constipation, menstrual abnormalities, jaundice, altered libido, involuntary movements, and controlled substance dependence/addiction. That’s quite a list. It gives me anxiety just thinking about it.

And the potential serious adverse effects for the special echinacea preparation?
None.

Fast-Acting, Dramatic Results

Clinical research shows fast-acting results. In one study, the special extract of Echinacea angustifolia (EP107) was tested with individuals experiencing increased anxiety and tension. After just one day, the participants noticed a reduction in stress and anxiety, with an even greater reduction in just seven days.

And, in another study published in the March 2012 issue of Phytotherapy Research, people recorded noticeably reduced stress and anxiety in just three days!

The study included 33 volunteers (22 women and 11 men) with an average age of 41. All experienced anxiety, which was assessed using the State-Trait Anxiety Inventory (STAI), a validated method of measuring anxiety levels. Only individuals meeting the threshold for elevated anxiety levels were included in the study.
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10 Signs Anxiety is Getting the Better of You

How do you tell the difference between everyday worry and an anxiety disorder? The following symptoms, especially if they’re chronic, mean you might want to seek help.

1. **EXTREME WORRY**
   Continual or unnecessary worry, especially when you can’t seem to let go, is a sure sign of Generalized Anxiety Disorder (GAD).

2. **TROUBLE SLEEPING**
   It's bad enough when anxiety rules our days, but it can also rule our sleep. You just can’t seem to slow down your runaway thoughts and toss and turn throughout the night. This can become a vicious cycle of trouble sleeping, worrying about your lack of sleep, and then more trouble sleeping.

3. **PANIC ATTACKS**
   Panic attacks are episodes of extreme fear that strike without warning and don’t seem to have a clear cause. Signs may include a racing heart, rapid breathing, dizziness, or stomach pain.

4. **IRRATIONAL FEARS**
   This can include very specific phobias that suddenly become overwhelming compared to what a person experienced in the past.

5. **PHYSICAL TENSION**
   If you have a persistent stiff neck, hunched shoulders, or clenched jaw, it can signal anxiety.

6. **STOMACH PROBLEMS**
   Your mental state and the digestive system are connected. Because of this, anxiety can lead to nausea, cramping, constipation, diarrhea, and other symptoms.

7. **SELF-CONSCIOUSNESS**
   When you’re self-conscious, you have an undue awareness of yourself—you feel like you’re on display all the time—even when just chatting with friends at work. You may begin blushing, trembling, sweating profusely, or feeling nauseous.

8. **SELF-DOUBT**
   If you’re constantly second-guessing yourself or are easily paralyzed by the fear of making a wrong decision, you may be suffering from general anxiety disorder (GAD).

9. **FLASHBACKS**
   Vividly recalling past painful experiences, especially when they seem to replay in your mind repeatedly, is another sign of anxiety and closely related to post-traumatic stress disorder (PTSD).

10. **COMPULSIVE BEHAVIORS**
    Do you rely on highly specific rituals to get through a day? Compulsive behaviors can include physical behaviors (obsessively lining up papers on your desk) or mental habits (needing to repeat a phrase in your head all day, all the time). When something disrupts them, it completely throws you off.

How do you tell the difference between everyday worry and an anxiety disorder?
Participants used the echinacea extract for one week, and anxiety was evaluated before, during, and after using the product. The extract decreased STAI scores within three days, an effect that remained stable for the duration of the treatment (seven days) and for the two weeks that followed treatment. There were no dropouts and no side effects.

Aside from the lack of side effects, a fast-acting, natural approach like this one makes life much better, much sooner. With other herbs, that’s not always the case. It takes eight weeks to achieve significant results with chamomile, three to eight weeks for kava (depending upon whether it is a water or ethanolic extract), and six to ten weeks for lavender.

Safely Relieves Anxiety
More recently, researchers have examined higher dosages of this specialized Echinacea (EP107). A multi-center, placebo-controlled, double-blind Phase II study involved 26 volunteers and a stronger dosage level. Individuals in the study were diagnosed with generalized anxiety disorder (GAD) according to DSM-IV (Diagnostics and Statistical Manual of Mental Disorders) criteria. The study started with a screening phase, followed by the six weeks of double-blind treatment.

During treatment, participants received either 40 mg of the special Echinacea angustifolia extract or placebo tablets twice daily. Between visits 1 and 6 during the treatment period, the number of severely anxious patients (HADS-A scores larger than 11) decreased from 11 to zero in the echinacea group. This specialized echinacea preparation significantly reduced anxiety in GAD patients, with a full effect within about 21 days.

While it took longer to notice results than the study that used patients with mild to moderate anxiety, that is to be expected. The extract still worked considerably faster than most typical prescription anti-anxiety medications, with the exception of benzodiazepines. But benzodiazepines also cause significant side effects—sedation, weakness, and movement coordination problems—and have the potential to be addictive. You don’t have to worry about that with this specialized extract.

For Powerful Relief of Anxiety
This specialized extract showed dramatic results with 40 mg taken twice daily. If you’re suffering from considerable anxiety and stress, I recommend taking that level for at least one week. As your anxiety subsides, and you feel calmer, you can reduce the dosage to just 20 mg twice daily, and make it part of your regular regimen.

This is simply one of the best natural products I’ve seen for anxiety and stress. It has no serious side effects, and it can be used long term, combined with other medicines. Even school age children with anxiety can take between 20 to 40 mg daily.

If you only deal with occasional bouts of anxiety, try 20 mg before a stressful event, such as public speaking, a presentation, or air travel. You’ll feel calmer, less nervous, and more in control.

You CAN Overcome Anxiety—Without Side Effects
Don’t let anxiety rob you of your energy, rest, physical health, and zest for life. This effective and natural extract is especially helpful for anyone who needs to restore their sense of balance. If anxiety and stress are getting the better of you, start taking this specialized extract immediately. You’ll notice a difference on the first day, and you’ll keep feeling better.