



# Healing Anxiety Naturally

By Harold Bloomfield

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## Healing Anxiety Naturally By Harold Bloomfield

Feeling anxious or stressed? If So, you are not alone. More people suffer from anxiety than any other mental health problem. However, few receive adequate help, and until recently the only choice for many has been to suffer in silence or take synthetic, often addictive tranquilizers and pills. Finally, there is a way to treat your anxiety that is safe, natural, and medically proven. In *Healing Anxiety Naturally*, leading psychiatrist and bestselling author Harold H. Bloomfield, M.D., presents a revolutionary selfhealing program using nature's own pharmacy of extraordinary herbal remedies, including:

- Kava—a natural tranquilizer that can often replace Valium-like drugs
- Valerian—improves sleep quality and naturally relieves insomnia
- Hypericum, or St.-John's-Wort—the herbal remedy for depression and anxiety
- Ginkgo—the brain booster and antidote to aging
- Milk Thistle—the best protection for your liver

These herbs are inexpensive, available without a prescription, and free of the side effects and addiction potential of artificial pills. Clear, informative, and based on the most up-to-date scientific findings, *Healing Anxiety Naturally* will help you relieve stress, promote sleep, and maximize performance. Put an end to anxiety today!

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# Healing Anxiety Naturally

*By Harold Bloomfield*

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## **Editorial Review**

### **Amazon.com Review**

The bestselling author of *Hypericum & Depression* has compiled here the latest dosage information on kava kava, valerian root, ginkgo, ginseng, licorice root, milk thistle, and many other natural remedies for anxiety, nervousness, and insomnia. It's more than a listing of suggested herbs, though, and includes a natural self-healing program of mental and physical exercises meant to reduce stress and ease anxiety, tension, and anger and their requisite physical manifestations: rapid heartbeat, sweating, hyperventilation, dizziness, panic attacks, cigarette cravings, and more. Bloomfield encourages readers to try breathing exercises, visualization, meditation, music therapy, and anger therapy, and includes an extensive list of Internet resources, mental health associations, and self-help groups. --*Erica Jorgensen*

### **About the Author**

Harold H. Bloomfield, M.D., is a Yale-trained psychiatrist and a respected leader in alternative medicine and integrative psychiatry. He is the best-selling author of *Hypericum & Depression*, *How to Heal Depression*, *How to Survive the Loss of a Love*, and *TM-- Transcendental Meditation*. He has been at the forefront of a number of world-wide self-help movements for more than two decades. His books have sold more than six million copies and have been translated into twenty-four languages. His work has been featured in every major media outlet, including *20/20*, *Oprah*, *Larry King Live*, *Good Morning America*, *Time*, *the New York Times*, and *People*.

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