

these herbs, they are generally not harmful, so they're worth a try. Malic acid (800mg to 1200mg daily) is particularly useful for removing aluminum from the body.

Cilantro is excellent for cleaning all heavy metals out of the blood. Use the following recipe: Blend one cup of fresh cilantro with six tablespoons of olive oil until the cilantro is completely chopped. Add one clove of garlic, one-half cup of nuts (cashews or almonds are the best), and two tablespoons of lemon juice. Blend these into a paste (which will be lumpy), adding hot water if necessary. Take two to three teaspoons per day for two to three weeks, every few months. If you make large amounts, you can freeze the mixture for later use. You should see benefits within two to three weeks.

ANXIETY

Anxiety is an unpleasant emotional state that can range from mild unease to intense fear. When there is a threat of some type, anxiety is a normal response, but when there is no clear or realistic cause, anxiety is not normal. Serious anxiety disorders include panic attacks, phobias, obsessive-compulsive disorders, post-traumatic stress syndrome, “free floating” anxiety (an unexplainable feeling of apprehension that can last for months), and generalized anxiety disorder (GAD), defined as excessive worry on most days for at least six months, with some of the physical symptoms listed below. Chronic anxiety can underlie or worsen many diseases, including heart disease, hypertension, ulcers, headaches, irritable bowel syndrome, psoriasis, and insomnia, to name just a few. It can also worsen symptoms of most medical conditions.

Common Symptoms

- Heart palpitations
- Sense of impending doom
- Shortness of breath
- Inability to concentrate
- Muscle tension
- Diarrhea
- Chest pain
- Muscle aches
- Dry mouth
- Cold hands
- Trembling
- Excessive sweating
- Insomnia
- Irritability
- Restlessness
- Eating disorders

What You Need to Know

Identifying and eliminating any sources of stress is the ideal treatment for anxiety, but doing so is unrealistic in most cases because you may not have control over the stresses in your life. Therefore, it's important to cope with stress in a positive manner, and to protect your body from the harmful effects of stress.

General Recommendations

Diet: Good nutrition helps the body's cells to adapt better to stress, so a balanced diet is important to maintain balanced health in the face of stress. Increased lactic acid levels may be an underlying factor in anxiety and panic attacks, so eliminating nutritional factors that increase lactic acid may help reduce anxiety significantly. These factors include caffeine, alcohol, and sugar.

Exercise: Studies have shown that people who exercise are able to reduce their tensions and worries, improve their mood, and improve their ability to handle stressful life situations. I recommend both aerobic and anaerobic exercises. (See "Simple Healing Steps for All Health Conditions," on page 79, under "Exercise," for further information and guidance.)

Meditation: Any form of meditation is helpful to reduce anxiety. Not only does meditation relax you, it also helps prevent the harmful effects of anxiety on the body. And it allows you to better understand what is causing your stress—and how to deal with it more effectively. The more anxious you are, the longer or more frequently you should meditate. (See Appendix A, under "Mind-Body Techniques," and "Simple Healing Steps for All Health Conditions," on page 79, under "Meditation," for specific meditations and further information.)

Qigong: Qigong is very effective for reducing anxiety and relaxing the body through its breathing and movement exercises. (See "Simple Healing Steps for All Health Conditions," on page 79, under "Qigong" for more information.) There is a particular Qigong exercise that is excellent for reducing anxiety and can be completed in 16 minutes. (See Appendix C under "Qigong" for reference information.)

Your Balanced Healing Action Plan for Anxiety

- For moderately severe anxiety (anxiety that is significantly interfering with your daily activities), start with Step 1 in conjunction with Step 2 or Step 7, and then return to Step 2.
- Deficiency of several B vitamins, calcium, and/or magnesium can occur from the increased lactic acid caused by stress, so supplement these if your anxiety is chronic. I recommend taking a good multivitamin. (See Appendix B for further information on choosing multivitamins.)

Step 1: Use Interactive Imagery Techniques or Other Forms of Psychotherapy

Psychotherapy with a professional is essential for dealing with anxiety, especially if you cannot eliminate the sources of your stress and/or need to learn how to cope with them.