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## **Chamomile for Anxiety**

Chamomile is often used to relieve anxiety because it has a calming effect. It acts as a sedative, without causing the usual drowsiness associated with sedatives. Chamomile is packed full of phytochemicals that can be helpful for anxiety and depression.

Phytochemicals are non-nutritive plant chemicals that have protective or disease preventive properties. There are more than a thousand known phytochemicals. Plants produce such chemicals to protect themselves but recent research demonstrates that they can be good for humans too.

Chamomile is an herb and in the same plant family as the daisy. Avoid it if you are allergic to marigolds, ragweed, daisies, celery or chrysanthemums. In the United States, chamomile is most commonly sold as a tea. Drinking one to four cups of chamomile tea daily is said to be helpful with anxiety.

Do not take chamomile with sedative medications, blood thinners or alcohol. Also long term daily use may lead to rag weed allergy.

Interesting to note: it has shown to be helpful for other ailments such as reducing inflammation, and some other benefits are aiding digestion and sleep; helpful for colitis, diverticulosis, fever, headaches and pain.

As you are no doubt seeing from this newsletter, there are many things - both natural substances as well as techniques and strategies – for your recovery from anxiety and panic attacks. These things collectively can be very powerful.

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