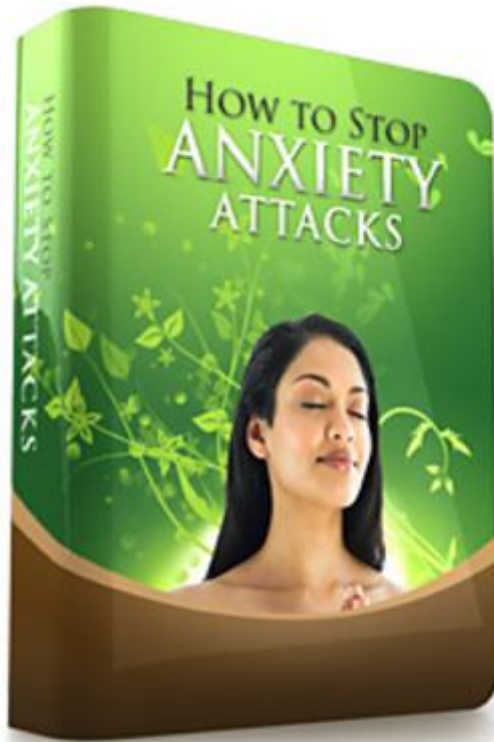


How To Stop Anxiety Attacks - Learn What Causing The Anxiety



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Because a lot of people today do not like taking medications for their disorders, they often opt for alternate medication for their anxiety. This includes aromatherapy, acupuncture, herbal supplements and meditation. These will work well if the anxiety is not severe and there is no severe underlying depression that is causing the anxiety.

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