



Healing Anxiety Naturally

Harold Bloomfield

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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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