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Tuesday, July 28th 2015



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## How to (Almost Easily) Cure Panic

Nicholas Pollak / July 27, 2015 /

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*Image: [publicsafetyfacts.com](http://publicsafetyfacts.com)*

Ever had dizzy spells leading to a feeling of panic and anxiety? Tightness in your throat and chest, leading to shortness of breath? A racing heart with tingling sensations? Hot flushes with obsessive worry and thoughts?

Ever feel disconnected from those around you?

A first-time panic and/or anxiety attack can be so overwhelming that it imprints significantly within your subconscious. This generates a greater loop of anxiety when the person develops an unhealthy fear of another attack.

Clients have spent years living with these unhealthy feelings. They have tried everything from staying drunk to using anti-anxiety medications. Constantly they fret about the next attack.

The sensation is a fight/flight primitive reaction to a perceived threat. It can be difficult to calm down. I have effective techniques to help anyone willing to eliminate his or her panic/anxiety. With these techniques, you can plan your holidays and travel without attack fears.

speeches, sleep better at night and awaken more refreshed.

Being anxiety/panic-free allows you to feel more confident throughout the day, to do what you once would not do. Your family will see how much more relaxed you have become. Your enthusiasm for life will improve significantly. Ultimately you will encourage others to overcome as you have.

Hypnotherapy is wonderful for eliminating panic and anxiety. Employing a combination of diet, exercise, hypnotic desensitization and practice, you can be panic/anxiety-free in nine weeks.

We will show you how to communicate, to understand behaviors, your own and others'.

Panic and anxiety can be caused by not eating the right foods as often as you need to do so. When you do not have the correct nutrition and your brain is not being fed properly, it will create a nonexistent fear. This sparks an adrenaline rush, which creates the sugar the brain wants. The attack eases. After 20 minutes, the brain requires being fed again. If you have not eaten, the brain will ignite an adrenaline rush, spurring renewed panic and anxiety.

The diet consists of small amounts of protein every two hours. Through healthy protein, the brain will receive the needed nutrition and no longer needs to cause a fake fear.

To find out more, go to my website at [www.hypnotherapy4you.net](http://www.hypnotherapy4you.net) (<http://www.hypnotherapy4you.net>). and view my panic and anxiety page as well as several articles under my helpful articles page.

Try hypnosis. It is quick, easy and effective.

***Do not hesitate to contact me by telephone, 310.204.3321, or by email at [nickpollak@hypnotherapy4you.net](mailto:nickpollak@hypnotherapy4you.net) (<mailto:nickpollak@hypnotherapy4you.net>). See my website at [www.hypnotherapy4you.net](http://www.hypnotherapy4you.net) (<http://www.hypnotherapy4you.net>)***

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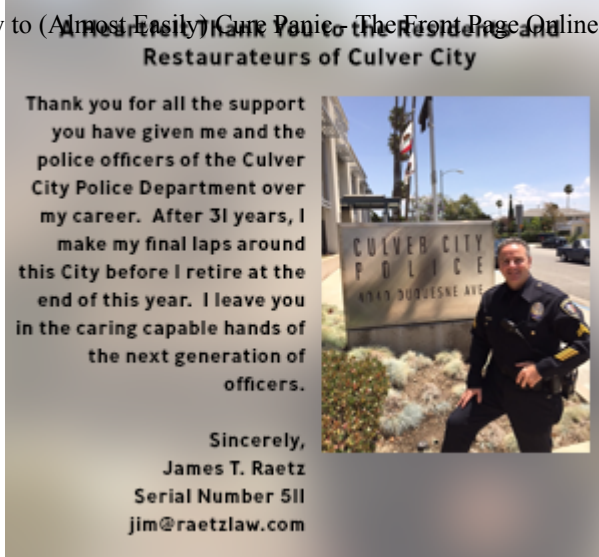
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