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Is Water One Of The Natural Remedies For Anxiety?

Part of our ongoing publications have been discussing natural things that can help with anxiety. Now, by “natural” I’m not just referring to supplements. Rather I think that natural can be thought of as three broad categories of taking care of yourself, which are: eating healthy, doing healthy things, talking proper supplements.

So today I would like to focus on a healthy thing that many people often overlook – but yet is very important.

What am I talking about?

How many times have you heard that you should drink plenty of water? I’m thinking probably many times.

At any rate, the great news is that water is either free or quite inexpensive and it's something you can start getting more of right away.

Some medical doctors state that a person weighing 200 pounds should be drinking about 8 glasses a day and those weighing more or less need to adjust by a glass or two. Of course if one is taking medication then he/she should discuss any sudden fluctuation of water levels with his/her doctor.

I'm not here to preach, but to me drinking adequate amounts of water is very important. I can speak from personal experience. I started increasing my water intake a while back and noticed I had more energy and tended to eat less (which was a good thing since I had been trying to lose a few pounds). Overall I felt better.

Water is beneficial for a variety of reasons, some of which are: transporting nutrients, oxygen and glucose throughout the body, helping you flush toxins out of your body, lubricating joints and cushioning organs, aiding in digestion and relieving constipation and overall wellness. When one considers that 85% of brain tissue is water, it stands to reason that getting adequate amounts of water is very useful for the anxiety sufferer.

It really started me thinking about some important things:

For people that are really ill, how many of them drink enough water? What if they did?

For people that are constantly buying more supplements or trying the next health craze: how many of them drink enough water? What if they did?

How many doctors ask their patients how much water they're consuming when they present with a problem?

If everyone were to consume enough water, would this impact sales for the pharmaceutical industry?

Definitely something to think about.

You see for me, as stated above, doing healthy things, such as consuming adequate amounts of water, can be helpful for anxiety. Really it can be quite relaxing for the anxiety sufferer to address self care, in other words, doing healthy things because he/she can rest assured knowing they are addressing aspects of their health.

You see many anxiety sufferers worry about their physical health not just their mental health. Taking care of this area of one's health can be quite calming. It certainly was for me when I was overcoming my anxiety and panic attacks. At the very least it is one less thing to worry about if it's being addressed.

I think one simple message I would like to impart to you is that you should honestly look at your hydration levels to ensure you are getting enough water.

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